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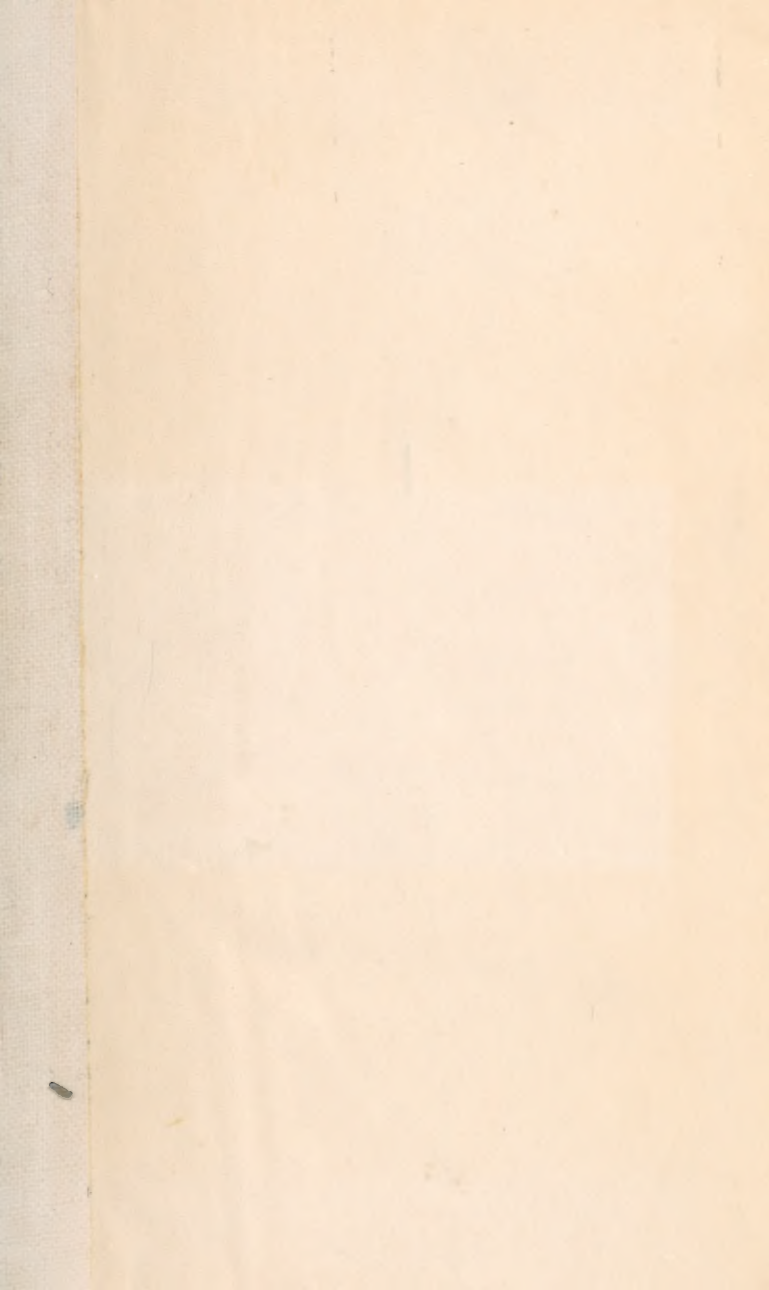
ANNEX

Section _____

Form 113c
W. D., S. G. O.

No. 292181

GOVERNMENT PRINTING OFFICE



A TREATISE
ON MANY OF THE MOST
COMMON DISEASES
OF THE
HUMAN RACE,
GIVING THE
Symptoms, Treatment, Nursing and Dieting.
AND ALSO GIVING A FEW
PRESCRIPTIONS FOR HORSES,
Designed for the Use of the General Public.

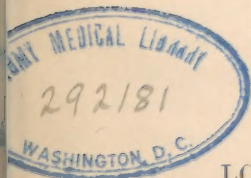
BY

Dr. T. R. McGUFFIN,

CONSTANTINE, KY.

LOUISVILLE, KY.:

R. H. CAROTHERS, PRINTER, 852 WEST MAIN STREET.
1890.



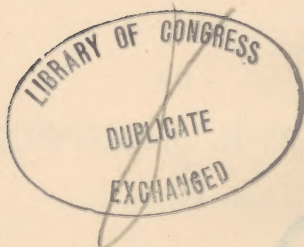
Annex

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DR. T. R. McGUFFIN,
CONSTANTINE, KY.
1890.



PREFACE.

During a practice of medicine for many years as a general practitioner, I have often discovered in many families a lack of knowledge on their part of medicines, diseases, nursing and dieting, which I have often thought that they should possess; a knowledge that they could get with a small effort; a knowledge that would enable the father and the mother to treat successfully and at a small cost many of the most common diseases of our country without the aid of a physician, and thereby save many a dollar to buy homes, meat, bread and clothing for themselves and families. I have therefore written this book to give you the advice so much needed by all. I have spared no pains in trying to make everything so plain that all could understand. I have used common every-day words in every instance possible, and when I have had to use any word that I had any doubt of being understood by any one, I have placed its meaning in brackets thus, [this way] so you could get the true meaning of every word. I have given the symptoms of the diseases so you can tell what they are, and next their treatment, together with the diet, nursing and ventilation of the room in all cases where it was essential to do so. I have arranged in alphabetical form the names of all the medicines which I have advised you to use, and how and what to use them for, and have made it so plain that you can easily understand it all without referring to any other book but this.

I have used a teaspoon, a tablespoon, a gill, a half-pint and a pint as measures in such a way that you can see by referring to the table how to dose for any one of any age. Hoping and trusting that my labor in writing this book may pay a hundredfold to thousands upon thousands and even millions of people in years to come, and should such prove to be the case during my life time, I

could then rejoice to know that I had not lived for self alone, but had been through my labor the means of imparting a knowledge so useful and so long needed by the people in general. Should any medical man speak against this work please remember what he says, also post yourself by reading this book, then still ask him other questions concerning any certain diseases, their symptoms and the remedies for same. You need not be afraid while you stick to the information here given. Then when you are satisfied of his views ask some other well-read physician his views on the same subject, and you will then see who is right and who is wrong, but do not let either know why you make such inquiry. I have no fear of my lessons being investigated by any true and honest physician. We all should seek for knowledge if we would expect to find it; so study well the lessons here given, and should you live to be old it will be worth hundreds of dollars to you. Buy from 5 to 10 cents of each kind of medicine, put it in little vials, put the name on each vial, and keep it where you can see it when you are reading about it, and by so doing you can learn much 'aster and remember it much better.

THOMAS R. MCGUFFIN.

We, the undersigned, do hereby certify that Dr. T. R. McGuffin has been a worthy and regular practitioner of medicine in Constantine and vicinity for the last sixteen years; and we give him the privilege of using this certificate in any way he may choose as proof of that fact.

F. MERCER, Postmaster, Constantine P. O.

H. C. DRANE, " "

NOAH HICKS, Merchant, " "

C. C. WEYMETH, " "

J. B. WHITWORTH, D. C. B. C. " "

A. B. OLIVER, " "

FLUID, OR LIQUID MEASURE,

MEASURED BY A TEASPOON OF COMMON SIZE.

1	teaspoonful	is	1	dram.	
5	teaspoonsful	are	1	ounce.	
10	"	"	2	ounces.	
15	"	"	3	"	
20	"	"	4	"	
30	"	"	6	"	
40	"	"	8	"	or one-half pint.
80	"	"	16	"	or one pint.
160	"	"	32	"	or one quart.

1 pint fluid measure is 1 pound.

1	tablespoonful	is	$\frac{1}{2}$	ounce.	
2	tablespoonsful	are	1	"	
4	"	"	2	"	
8	"	"	4	"	or one gill.
16	"	"	8	"	or half-pint.
32	"	"	16	"	or one pint.
64	"	"	32	"	or one quart.

Of any medicine that will dissolve in water put just as many spoonful of water to it as there are doses of the medicine, and when it dissolves one spoonful of the solution will be a dose.

If it is powders that won't dissolve, then divide it into as many parts as there are doses in a teaspoonful and each part will be a dose

If it is a kind of powder that you would have to divide into a great many powders to get the proper sized dose, for instance, say 80 doses, then divide the teaspoon level

full into two parts or halves, then one of the parts would make 40 doses, which is half of 80. But if you did not want so many doses, divide the half of the 80 which is 40 doses, into two parts, then the half of the 40 would be 20, or 20 doses, and half of the 20 doses would make 10 doses, and half of the ten doses would make 5 doses and so on. So with a little practice and attention you will find that you will soon learn to dose nearly all the medicines without measuring them. Have you not noticed that physicians never measure or weigh a great many kinds of medicine; and also that there is a great difference in the size of doses of different doctors of the same medicine? The reason of the difference is, it is medicine that is not dangerous and they can afford to vary the dose in size. Why not you vary a little also? What I mean is, if you should in dosing get a little more to the dose than the amount put down there would be no harm done in giving many of the medicines, such as quinine, the potashes, salts, oil, rhubarb, aloes, subnitrate of bismuth, ingluvian, antifebrin, cream of tartar, ipecac, jalap, prepared chalk, santanine, tonic acid, tincture of capsicum, etc., but when you are giving opium, laudanum, paregoric, or morphine, or chloral hydrate, you should be more careful; but they have to be given in much larger doses at times, especially if the pain is very severe or the patient has been accustomed to the use of them for some time; as for any of the other medicines, use them as I have told you and there is no danger.

Women do not require as large doses as men, and especially of purgative medicines. The condition of the uterine system should never be neglected. Children should never be given as large doses of opium or its tinctures as grown people in proportion to age, especially when very young. After 60 years the dose should be diminished according to age.

APOTHECARIES' DRY MEASURE.

20 grains make 1 scruple.

3 scruples make 1 dram, or 60 grains.

8 drams make 1 ounce, or 480 grains.

12 ounces make 1 pound.

RULES TO PROPORTION DOSES.

Suppose the dose for a grown person to be 60 grains. Then a dose for a child one year old would be one-twelfth of the dose for a grown person, which would be 5 grains; at 2 years old it would be $\frac{1}{6}$ of the 60 grains, which would be $7\frac{1}{2}$ grains; at 3 years will be $\frac{1}{4}$, which would be 10 grains; at 4 years $\frac{1}{3}$, or 15 grains; at 7 years $\frac{1}{2}$, or 20 grains; at 10 years old about 25 grains; at 14 years $\frac{2}{3}$, or 30 grains; at 16 years about 35 grains; at 20 years $\frac{3}{4}$, or 40 grains; at 21 years give the full dose.

The dose in some cases should be lessened a little on account of the weakness of the patient.

The following table shows how many grains and also how many doses there are in a level teaspoonful of the different kinds of medicines when the medicine is in powder and not pressed nor packed. If the medicine is in lumps it should be crushed, mashed or beat up, but not very fine. Measure each kind in a common-size teaspoon, not the smallest nor the largest. One column shows the number of grains; another column shows the number of doses contained in each teaspoonful:

NAMES OF MEDICINES.

NO DOSES FOR CHILDREN IN EACH TEASPOONFUL.

For Twenty Years Old.
For Eighteen Years Old.
For Fourteen Years Old.
For Ten Years Old.
For Eight Years Old.
For Six Years Old.
For Four Years Old.
For Two Years Old.
For One Year Old.

No. of Grs. in Teaspoon level full.	No. of Doses in each Teaspoonful for grown people.	No. of Drops for a Dose for grown people.	No. of Teaspoonful for a Dose for grown people.	No. Doses for Children in Each Teaspoonful.	For Twenty Years Old.	For Eighteen Years Old.	For Fourteen Years Old.	For Ten Years Old.	For Eight Years Old.	For Six Years Old.	For Four Years Old.	For Two Years Old.	For One Year Old.
Acetate of Zinc . . .	30 13 to 30			300	200	150	125	100	70	60	40	30	30
Aloes	50 4 to 5			40	30	20	15	12	10	8	6	5	5
Antifebrin	34 5 to 8			70	50	40	30	20	15	12	10	8	8
Antypirine	18 6 to 9			74	60	45	35	25	20	15	12	9	9
Aqua Ammonia . . .		10 to 30		35	30	25	20	15	10	5	4	3	3
Aromatic Sul. Acid .		10 to 20											
Bicarb. of Potash . .	96		3 to 5	40	30	20	16	12	10	8	6	5	5
Borax	45 2 to 3			30	25	15	12	8	6	5	4	3	3
Bromide Potash . . .	90 4 to 9			40	30	20	15	12	10	8	6	5	5
Bromidia													
Calomel	100 7 to 20		1 to 2	60	55	45	40	35	30	25	20	20	20
Chloroform		15 to 40											
Carb. of Ammonia . .	35 7 to 9			80	70	60	50	40	30	20	15	10	10
Chloral Hydrate . . .	56 2 to 3			38	34	28	24	16	14	10	8	4	4
Cit. of Iron and Quin.	36 4 to 8			45	40	35	30	25	20	15	10	8	7
Chlorate Potash . . .	75 3 to 6			50	40	30	20	15	10	8	6	5	5
Cox's Hive Syrup . .	1 1 to 2			8	6	4	3	3	2	2	2	2	2
Croton Oil		1 to 4											
Cream of Tartar . . .	42		1 to 6	8	7	6	5	4	3	2	1	1	1
Dover's Powder . . .	30 2 to 5			30	25	20	15	10	8	6	4	3	3
Ether, Pure	1 1 to 2												
Ergot Fluid Extract .		10 to 20											
Fowler's Solution . .		3 to 8		200	150	100	75	50	40	35	30	20	20
Gray Powder or Mer-													
cury with Chalk . . .	76	4 to 7		76	70	60	50	40	30	20	10	5	5
Gum Opium	34 17 to 34												
Ipecacuanha	24 1 to 4			24	20	15	10	8	6	4	3	2	2
Iodide of Potash . . .	94 9 to 32			100	75	50	40	30	20	15	12	10	10
Ingluvian	22 1 to 2			15	12	10	8	6	4	3	2	1	1
Jalap	24 1 to 2			15	12	10	8	6	4	3	2	1	1
Laudanum		20 to 30		40	30	20	12	10	8	6	4	4	4
Morphine	7 28 to 56												
Muriate Tinc. Iron . .		10 to 40		6	50	40	30	20	15	10	8	4	4
Nitrate Potash called													
Nitre	50 3 to 5			40	30	25	15	10	8	6	5	3	3
Oxilate of Cerium . .	26 13 to 26			80	70	60	50	40	30	20	15	13	13
Paregoric			1 to 2	20	15	10	8	6	5	4	2	1	1
Prepared Chalk . . .	60 2 to 6			35	25	15	10	8	6	4	3	2	2
Quinine Sulph. . . .	8 1 to 2			20	16	14	12	10	8	6	4	2	2
Rhubarb	24 1 to 5			40	30	20	10	8	6	4	3	2	2
Santonine	42 8 to 10			42	35	30	25	20	15	12	10	8	8
Sugar of Lead	66 33 to 66												
Subnitrate of Bismuth	42 2 to 4			42	35	30	25	20	15	10	8	4	4
Sulphate of Zinc . . .	42												
Syr. Iodide of Iron . .		20 to 60	1	30	20	15	12	10	8	6	4	20	20
Tannic Acid	12 2 to 6			15	12	11	10	8	6	4	2	2	2
* Tartar Emetic . . .	42												
Tincture Camphor . .	1 to 2	10 to 60		30	25	20	15	10	6	4	2	2	2
Tincture Capsicum . .			1 to 2										
Tincture Catechu . . .			1 to 3										
Wine of Ipecac			2 to 5	4	3	3	2	2	1	1			
Ext. Logwood	36												

You will notice in the above table I did not run the doses out in the columns for doses for children with some of the medicines, such as sugar of lead, sulphate of zinc, tincture of capsicum, gum opium and morphine, for the reason that such medicines are not often given to very young children, and then I have given fuller directions for their uses in the dictionary in the latter part of this book and in the receipts in which I have recommended them than I could possibly have done by putting them down in the table.

Remember also that paregoric is much better and a much safer medicine for little children than opium or morphine, and should always be used in preference to either the opium, morphine or even the tincture of opium or laudanum; yet laudanum does very well to give little children, but it is stronger than paregoric and therefore the dose should be smaller.

Chloroform is also a good medicine for children (especially when given in sweetened water). It will relieve any pain, misery or aching in the stomach, chest, or abdomen [belly] quicker than nearly anything else. You will notice I did not give the dose for children in the table, for it has to be given as quick as possible after dosing or it will evaporate [pass off into the air]. The dose for children from 2 to 6 years old is from 5 to 12 drops, stirred well in sweetened water and taken immediately. Do not draw your breath when you go to take it. Increase the dose according to age.

Intermittent Fever is called ague, shakes, chills, swamp fever and malarial fever, and there are cases that are called dumb chills. In cases of dumb chills the patients do not shake, but their fingers, toes, nose and ears get cold and remain cold for a time. Then they begin to warm up as the fever comes on; the fever is about the same and lasts about as long as if the patient had had

a regular hard shake: in any way it may come up the fever will last from 2 to 8 hours, then the sweating stage comes on, which lasts for an hour or so, and when it goes off then the patient is clear of fever. But on the next day, or second, or third, or fourth day, and near the same time of day, the cold stage or the shakes will be apt to come on again. The younger the person the more apt they are to have the dumb chills, yet no age is exempt from them. Remember the chill, or cold stage comes first, then the fever follows, and next the sweating stage, and after the sweating goes off then the patient is clear of fever until the next chill or cold stage comes on. Now there is no other fever that acts in this way, for in all other fevers the fever remains on hand all the time until it is broken up for good. In all cases of intermittent fever the pulse beats slow or fast in proportion to the age of the patient and the severity of the fever.

The average beat of the pulse of a grown person is about 75 to the minute. The beat of the pulse of women is generally faster than that of men. At the age of 14 years the average beat of the pulse is about 80 to the minute, while at 1 year old it is about 90, at 2 years 85.

Now I am going to use the easiest, plainest and most common words used by the people, and use them in any way that I think will make it plain to the people, the young, the middle aged and the old, and as for the grammatical or orthographical errors, I care not for them, so the people understand what I am aiming to convey to them, and as for technical or medical words, which I think the people would not understand, I will leave out if I can find other words which I think they will understand. Please read the tables over and over again before you go to the next lesson. Now, I care not for the criticism of the learned or highly educated: if they are

as sharp as they claim to be they can understand it anyhow, and if you do not understand this you ask them to explain the difficult parts to you, and if they are good and kind people they will take pleasure in so doing.

But there is one thing I want you to study over and I must speak of it right here, for when I begin on diseases and medicine again I will try and not branch off till I get through. Did you ever think what kind of knowledge was the best for the great majority of the people to seek after? Save religious knowledge it is money-making and money-saving knowledge, for the great majority of the people are poor and need all they can get, and but few have wealthy relatives to give them fortunes, therefore they should use all the economy they can so as to get through the world as easy as possible. And nearly all have families to raise and many doctor bills to pay. Then is it not far better for all such to study this book and thereby save hundreds of dollars for yourself and family than to spend your time in studying something like novel stories or others that would never be worth a farthing to you if you were to study them for years? Wealthy people might afford it, but the poor can not.

You need not think you cannot learn it, for if you have common sense you can learn it, for I am going to make it so plain you can learn it if you can learn anything. Just think of it, don't you know it is just the book for any body? and just what every one will have use for every month or year of their lives? Remember, I do not claim that it gives all the medical knowledge necessary to be known, but just such knowledge of diseases and their remedies as I think you can understand, and such as you can manage without the study of any other branch of medicine, except what is herein given.

Now I am going to take up each case separately

and give you the symptoms in each case, and then tell you how and what to do for it. Now I may more than likely advise you to send for a physician in some cases, where the disease might assume an aggravated form, or on account of the weakness or feebleness of the patient. They might not be able so well to bear up under afflictions of any kind whatever. But while I say this, remember that physicians occasionally have such patients, even where they have waited on them from the beginning. But such cases are extremely rare, and especially those of which I will advise you in this book to treat yourself.

Now, I will repeat the symptoms for intermittent fever, which go by the name also of shakes, chills, ague or swamp fever.

THE COLD STAGE.

Begins with feebleness and occasional yawning [gaping], and stretching, for a day or two before the chill or the chill may, and does often, come on suddenly. Symptoms—chilliness along the back, the feet, hands, ears and nose get cold, the finger nails assume a bluish color, the teeth often chatter together. The skin is rough, the head and back ache in most cases, the pulse beats faster.

The treatment during this stage is to apply warmth, by the patient being covered up in bed, and to apply heat to the feet, legs and back by hot bricks, or sand-rocks, heated moderately hot, and then pour water over them, and wrap an old cloth around them, and place them under the cover near the feet, legs and back, or you might use moderately hot water in bottles, well corked, instead of the rocks or bricks. Sometimes a strong cup of coffee, pennyroyal or ginger tea is good to warm up the patient during the cold stage, and if there

is much suffering a teaspoonful of paragoric might be given in a little warm sweetened* water. Yet it is not really necessary to use the above treatment only in cases where the patient appears to be very poorly, for the cold stage seldom lasts longer than from one half to two hours. So, should you use the above treatment during the cold stage, be sure to remove a part of the cover and hot rock from the patient as soon as the chilly sensations leave, or they would create too much heat during the fever stage, which comes on as soon as the chill leaves.

SYMPTOMS OF FEVER STAGE—flushed face, pulse fuller and quicker, considerable thirst, tongue and mouth dry. In most cases the patient is very restless. It is seldom necessary to do anything during the dry stage of the fever, only to give the patient good cold water, three or four swallows at a time, every half hour if he desires it, to cool down the temperature of the room if necessary, to give a little lemonade and sponge the patient off with water just warm enough that you can tell that it is warm. Now this stage generally lasts from two to ten hours before the sweating stage comes on, and after the patient has sweat for an hour or so, you will find him to become more quiet—the head-ache, back-ache and thirst have disappeared, and the patient generally feels pretty well, except a little weakness; and now is the time to begin the curative treatment, just as soon as the sweating goes off, and you have changed his clothing, which I think is unnecessary, unless he has worn the same clothes during two or three chills, but if you do change them, be sure not to change them till you are sure he is done sweating, and then be sure the clothes which you put on him are thoroughly dry.

TREATMENT :—

Now do not forget, but bear in mind,
The champion treatment is quinine;

Fowler's Solution of arsenic too,
Might be of great help to you,
And while nitric acid is not so bad,
It might help to make you glad;
A dose of calomel might be of use,
But do not use it to your own abuse.

Yes, quinine is now considered by the great majority of medical men, to be the medicine for intermittent fevers. Yet it fails in a very few exceptional cases, but I have never known it to fail in my hands when given in conjunction with other medicine, of which I will speak in due time. So as soon as the sweating goes off give from four to seven grains of quinine every two hours till you give three, four, five or six doses, remembering to stop giving so often as every two hours when the ears or head begin to ring or roar; then give another dose only when the ringing or roaring ceases, but not then if it is closer than one hour to chill time. Remember also, the chill is apt to come on about the same hour every day. Yet they sometimes come on a little earlier and sometimes a little later. So it is the best plan to go to bed about an hour and a half before chill time—cover up good and warm, apply warmth as directed on page 13, take fifteen drops of chloroform, twenty drops of peppermint drops in one-fourth glass warm sweetened water, after stirring well, but do not draw your breath when you go to take it, and you will be very likely not to chill. But if you do, repeat with the same treatment in each stage as before, remembering to increase or diminish as necessary the dose of quinine in proportion to age, or the ability of the patient to bear it. Some persons can take six or eight or ten grains at a dose, while women, as a general rule, do not require as much as men, and also the dose should be lessened for old persons, as they grow older, in proportion to age. In very warm cli-

mates it is a very good rule to mix two or three grains of capsicum [powdered cayenne pepper] with every other dose of quinine, and in some cases in any climate, I find the patients bear it much better if four or five grains of Dover's powders be added to the quinine every four or five hours. It is very seldom necessary to take a cathartic [something to act on the bowels], but in stubborn cases, where I have given the above treatment and the chills were hard to break up, I have given a dose of Cook's pills. See prescription No. 12, and after their action give the same treatment as above, and have no further trouble. You can give any child, or even an infant not more than two weeks old, the above treatment with perfect safety, by diminishing the dose to suit the age, see page 7 for doses, but in treating infants leave off the cayenne pepper, nitric acid and chloroform, for the reason they are too strong and fiery for babies. Remember, as I have said before, very young children do not often shake with this fever, but they have dumb chills, their feet, legs, fingers, ears and nose get cold about the same time every day, every other day, or every third or fourth day about the same time of day each day, on its return, just as it serves a grown person. But as the little babes can not talk, their mother or nurse should watch for these symptoms very closely, so as to know what is the matter. You will discover also, that if the babe is suffered to continue with fever very long, it will grow weaker and weaker, paler and paler, and therefore be less able to withstand any other trouble with which it might be bothered; therefore, as you would with a grown person, as soon as you find out the trouble, break it up as soon as possible. Grown people can take quinine in any thing they may choose, mucilage of elm, white of eggs, roasted apple, preserves, water or coffee, but for little babes or small children, I have found sweetened

coffee to be one of the best, unless the syrup of tolu with a little tannic acid added would be its equal. You need not think because I have mentioned Cook's pills above, that I mean by that, that no other will do, for I have used calomel alone, and calomel with rhubarb, and blue mass pills with equally good results, and I have no doubt that there are many good cathartic pills now on the market that would answer the purpose as well as either, but I do not advise you to try them unless you know them to be a good pill to cleanse the stomach and bowels, for they are very seldom needed in fevers of any kind.

Now I have been quite tedious on this fever, for the reason I wanted you to be able to conquer it, and now I think you can, if you will use the medicine freely, that is as much as the patients can well bear between each chill. Remember that where the chill comes on every second, third or fourth day you must use the medicine every day, that is, give quinine two hours apart every morning till you cause the ears to ring or roar, then only every four, five or six hours the rest of the day. Let your patient rest at night, then begin next morning the same way; but if the chill comes on early of a morning, then begin at two or three o'clock at night, so as to get your patient under the influence an hour before chill time.

REMITTENT FEVER.

Remittent fever is also a malarial fever. It is supposed to originate from a poisonous condition of the atmosphere, but by some means produces different symptoms to what it does in intermittent, yet produced by the same cause and therefore requires the same treatment: so remember that if you are satisfied that it is one of the two fevers, that is, either intermittent or remittent, just go ahead with your quinine, for that is the main remedy.

SYMPTOMS.—The patient sometimes complains a little of lassitude or weakness for twelve or twenty-four hours before the chill comes on, but often the chill is the first thing that causes any alarm to the patient. The chill is often very light, yet sometimes a little severe. After the chill or chilly sensations the fever begins to rise and often runs pretty high; the pulse mostly quick; the head or stomach, or both, affected by the fever; the head aches; vomiting comes on and bile is thrown up; after awhile the fever begins to get lower, but it does not go clear off, but will get considerably lower; then it will rise again, but there is a considerable variation in different cases concerning the rising and lowering of the fever. Sometimes it will begin to lower in the course of six, eight, ten or twelve hours, but in some cases does not begin to lower for one or two days and nights, but then the fever begins to lower, the pulse does not beat so fast, the skin becomes a little moist, and there is no profuse sweating as there is in intermittent fever; the patient becomes more comfortable and can take a good nap. This low stage of the fever is not apt to last longer than three, five, six or eight hours, but sometimes only lasts for a day or so; let that be as it may, it will rise again, fall again, and rise and so on, but the chilly sensations are not so severe; the patient is apt to complain of slight chilliness if the cover be raised so the air can reach him. These remissions fail to occur in some cases where the fever lasts for eight and ten days, and then the fever remains about the same. Still you may be satisfied it is remitting fever by the way it worked. During the first few days the urine is red or highly colored (but that is the case in all fevers) the skin of the face and whites of the eyes assume a yellowish cast or appearance in a few cases. There is in most cases a tenderness over the region of the stomach which may be

discovered by slight pressure, and pain or a distressing feeling is often complained of in that region.

TREATMENT.—

In remittent fever you will find
The champion treatment is quinine.
With regular antifebrile diet,
And anodynes to keep you quiet;
Acids and iron may come in too,
And be of great help to you.
Antifebrin should not be forgot,
For it will keep you from being so hot.

Now during the first stage there is scarcely anything to be done, only to endeavor to keep the patient as comfortable as possible by putting him to bed and covering him up and endeavoring to keep him warm. Use hot rocks, irons or bottles with hot water if necessary, being sure to remove them when the fever begins to rise.

TREATMENT DURING THE FIRST FEVER.—You need not be hasty to do anything for the first day and night, except to keep your patient as comfortable as possible by removing a part of the cover if necessary to make him more comfortable. Keep the room ventilated, avoiding any cold draft of wind striking him. Give him an antifebrile diet, by which is meant a light diet, a diet that is not liable to aggravate the fever. I generally recommend some of the following diet in most fever cases: Sweet milk or butter milk, if the patient craves it, and especially if it agrees with him when well, coffee, tea, corn bread, wheat bread, crackers, rice, mush, Irish potato soup, a little ripe fruit of any kind, such as apples, peaches, pears, water melons, yet they should be given cautiously by giving only a few bites at first and to be increased gradually, provided, however, that they agree with the patient. Bear in mind you should never give anything sour, it matters not what it is, if the pa-

tient has any calomel or blue mass in him. But under any and all circumstances wait till it is worked off by the bowels before you give anything sour to him. You can give chicken soup or soup made of a squirrel, or bird, or beef, provided the bowels are not inclined to act too freely, but if they are so inclined, be sure to give no gruel or soups made of any kind of meat whatever till they are fully and safely checked. It is not necessary by any means to insist or force diet of any kind on a sick person for a few days, but feed them only as they take it willingly, letting the patient be the judge of what he wants and you of the quantity, provided you see he is liable to eat too much. Now in case the patient should linger for several days, and you see he is gradually growing weaker, you should begin to insist on his eating more; give him a little at a time, but feed him every two, three or four hours, being governed in time by the quantity eaten at the last meal. Many patients do well and eat a little fried ham, (after it is dried and smoked) chicken, squirrel, rabbit, birds of various kinds, beef, etc., from the beginning of the fever until they get entirely well. I have treated many cases of intermittent, remittent and typho-malarial fevers where the patients would eat the above-named meats clear through and do well, and I believe better than they would had they not eaten the meat. Understand me, some would use one kind and some another, each one making his own choice or a change from one to another as he liked. Though I would advise you to have any diet that has to be cooked, cooked thoroughly done and notice the effects of each, that you may know whether it agrees with the patient or not, and if it does, give it again; if it does not, stop giving it, but under all circumstances begin with a little of anything you decide to give and increase gradually. Now I said above I believed my patients who eat meat during

their spells did better than they would have done had they not eaten it. I said so for this reason: they craved it, they relished it, it agreed well with them, and it gave them strength, therefore I claim they did better to use it. Remember I do not recommend the above meats in all cases, but only in those cases where the patients crave it. I do not recommend the above meats or solid food of any kind in regular typhoid fever, of which I speak hereafter.

Now in regard to the amount of diet, you know you will have to be governed according to the age of the patient, and also by the quantity he can use without deranging the stomach. Remember it requires much less diet of some kinds than it does of others. Remember, too, it requires a great deal more diet to keep up some people than it does others. Now just stop here and think for a short time. See if you can think of some person that would and does eat more at one meal than you would or could with safety eat at two or three meals. I myself know of people who eat enough at one meal to do me a whole day. Well, you must notice all these things in all protracted cases of sickness, and then use your best judgement in feeding: but give the large eater when well, more, and the small eater when well, less: and be governed while feeding children of different ages and habits by the same rule. I have found as a general rule, that one quart of sweet milk given every twenty-four hours to grown people, would keep them up very well, while others would require still more. I will say right here, that I treated two brothers who had typhomalaria: both down at same time, had lain two weeks before I saw them. On my arrival I found both with a high fever, their tongues perfectly dry and coated, pulse of one 120, the other 130; both had diarrhoea, caused by their father giving them silk weed and black snake-root

teas: both were bedfast with a dry and burning fever, with tender bowels and stomach: each one took and retained medicine well. They lay after I began to treat them one, three and the other, four weeks, under the most unfavorable hygeinic circumstances, and do all I could they would not use anything as a diet except strong coffee without cream or sugar and the crumb of corn bread. They both got well,

I have given a history of these cases merely to let you know that you may give your patients coffee at any time and under any and all circumstances where they crave it and you find it agrees with them, yet remember in all cases of hemorrhage (any bleeding) a cool diet should be used under all circumstances till the bleeding is thoroughly and fully checked. It will not do to feed all patients alike, neither in quantity nor kind. Therefore, in all cases of fevers, let your patients have a light diet of any kind that you find on trial agrees with them, (remember to give nothing sour with calomel or blue mass) and if they linger very long and crave or want any of the meats before mentioned or oysters, let them have them with caution. Or, in other cases, where the patient is weak, pale and feeble, caused from the drainage from any rising or abscess, from scrofula or consumption, then give a rich diet. Now should it be necessary for you to be governed in the diet at any time on account of the medicine that you are giving in any case, I will speak of it while giving the treatment in such cases, but if I do not mention it then you read this lesson over and over till you understand it thoroughly and then be governed by it, for it will suit nearly every case. There are but very few cases in which you have to select a certain kind of diet on account of the medicine given, but, on the other hand, the diet is selected according to the disease or trouble that ails the patient, and not often on account of the medicine given.

I have been a little tedious in giving the rules of diet, etc., but I deem it very necessary so to do for the reason that nurses are often afraid to give their patients certain kinds of diet because they are fearful it might hurt the patient on account of the medicine they are using, when there would be no danger, but on the other hand would be of great benefit to the patient by keeping up his strength.

The way to prevent calomel or bluemass from salivating is to put a little common soda in with it and not let it remain in the system in grown patients over eight hours till you give a dose of salts or oil to work it off where a full dose has been taken: but in case it is taken in broken doses, every one, two, three or four hours, it can then be risked in the system from twelve to eighteen hours with but little danger of salivation. There is no danger in drinking cold water while taking it. Children can bear larger doses of calomel according to age than grown people and retain it longer in the system with less risk.

Now when you have waited with the medicine until you are satisfied it is remitting fever, begin to give quinine in five, six, seven or eight grain doses, repeating every two hours until it creates a ringing, or deafness, or roaring in the ears: then give a dose only every five hours till the fever lowers again, (which is called a remission) then give every two hours again until the ringing or roaring is again produced in the ears: then every five hours until the next remission, provided there is not too much cinchonism (a ringing or roaring in the ears) but if there is, you need not give the quinine so often as the five hours but lengthen the time to six, seven or eight hours. If you should use other preparations of cinchona they should be given in equivalent doses in the same way and continued in same manner from day to

day. If the head is too hot or aches, apply wet cloths wrung out of cold water and folded several times double to the head and renew and apply as often as they begin to get warm. If there is any sickness of the stomach give subnitrate of bismuth in five grain doses in a little water and repeat if necessary every two or three hours till you give it a fair trial. If it fails to quiet the sickness then try ingluvian in ten grain doses every two or three hours. The essence of cinnamon or peppermint is often very good to quiet a sick stomach; but be sure to remember if the patient gets to vomiting not to let him have but a swallow of water at a time till it is checked, for if you suffer him to drink much water it will be liable to keep up the vomiting. If the bowels are regular do not disturb them with purgatives, for you can not work off the fever by the bowels. If the bowels remain bound up too long then inject a pint of warm soap suds up the lower bowel and repeat in an hour if necessary, or give a dose of salts or oil, but neither one is often needed, for patients often go without an action from the bowels for two or three days and do well. If the bowels should from any cause get to acting too freely or too often, give opium or laudanum, paregoric or tannic acid. See table page 8 for size of dose and repeat it in 1, 2, 3, 4, 5, 6 or 8 hours, as the nature of the case demands, that is, if the actions are frequent, give often, if not frequent do not give so often. If the kidneys should not act sufficiently, give a teaspoonful of sweet spirits of nitre in a fourth glass of water and repeat every 2, 4, 6 or eight hours, as necessary, till they do act or till you have given eight or ten doses. Now I mean if the case is urgent repeat in 2 hours, if not, then repeat in 4 to 6 and so on; the kidneys should act once or twice in 24 hours. The powders of nitrate (I mean saltpeter) is good to cause the kidneys to act: it is given

in ten or twelve grain doses dissolved in a fourth-glass of water and repeated as you would the sweet spirits of nitre if necessary. If the patient complains of much pain or misery in any way give him a dose of morphine and repeat in 1, 2, 3, 4, 6 or 8 hours if necessary, but if the bowels happen to be loose and running off at the time it would be the best to give a dose of opium instead of the morphine, for the reason that the opium would give ease as well as the morphine, and would be much better to check the bowels, and should if necessary be repeated in the same way. If you wish you can give paregoric instead of either for it would answer the same purpose, given the same way, and many like it much better, especially children. In case the patient can not sleep give him a teaspoonful of bromidia in a little water every hour till he goes to sleep. If the fever is high, dry, and burning, you can sponge him off with water just warm enough to show that it has been about the fire, and after washing him off wipe him good and dry and give him lemonade to drink if desired.

If the fever yet continue after you have continued to give the medicine as directed above for ten or twelve days, then you should only give a dose of quinine every five or six hours, and not over two-thirds as much at a dose, and also give fifteen drops of the muriated tincture of iron, in water, just after each dose of quinine : sponge the patient occasionally, change his clothes and bed clothes when necessary, give him morphine or opium or paregoric if necessary, and be sure to give enough diet to support the system.

And now I will speak of stimulants, such as good whiskey, wine, or brandy. I say good, for you should use none other in any case of sickness, if you can possibly get that which is good. The time to begin to use it is when you see the vital powers giving way, and the

patient is sinking, which you can discover by the natural appearance of the patient, and by the failure of his strength, and also by the failure of the heart's action, which is known by the feebleness and weakening of the pulse. It matters not from what cause such a condition has originated, you give stimulants; and in all cases of fevers, where the fever has lasted several days, it is better to begin a little too soon, than to put it off a little too late; therefore begin in time. But in regard to the quantity to be used, it is impossible to give that. For it is with stimulants as it is with the diet—different patients require different quantities according to age, sex, peculiarity of system and former habits. Those who have been accustomed to the use of it as a general rule, require more than those who have not been accustomed to its use. Therefore you should begin with a very small quantity and increase gradually, noticing its effects carefully, and give in quantities to strengthen and stimulate and no more. Repeat every two, three, or four hours, as you find necessary in each case, but be careful not to get the patient drunk, for if you do, in most cases it would turn him against it. But remember in particular, if the fever should leave very suddenly, then you should increase the quantity, and apply hot rocks to the feet, and warm your patient up, and give him nourishment, (sweet milk I think is one of the safest and best nourishments I ever met with). When you go to fix up your whiskey or brandy, first sweeten just as much fresh cold water as you wish to give it in at that time, then measure your whiskey or brandy in a teaspoon, putting in last; measure and fix it up fresh each time. But in the cases where the patients wish to take it pure, let them have it that way, or any way that suits each individual case. The egg mixture is a splendid preparation in any case where a stimulant is required. It is made

by beating the yellow of an egg well with sugar, then adding a little sweet milk and stirring well, adding the whiskey or brandy each time to the quantity you wish to give. The more a patient eats, the less other stimulants he needs, for the diet will keep him strengthened.

RULE FOR GOVERNING YOUR DOCTORING.

The main point in doctoring is to treat the symptoms in each individual case. It matters not what the trouble is or what caused it—take a little time to study and enquire into it; try first to find out the cause, and what it is, and next to remove the cause if possible.

For instance, if you find the stomach is overloaded and crowded with diet, causing pain; or the patient has eaten something poisonous, give a vomit as quickly as possible, to unload the stomach.

If there is pain in the stomach or bowels, caused by the bowels not having been moved in due time, take salts, oil, or pills.

If you have pain or cramping in the bowels caused by worms, take worm medicine.

If you have pain or misery anywhere and it is very severe, take an anodyne, such as opium, morphine, paregoric, laudanum or hydrate of chloral to get ease.

If your kidneys fail to act freely enough or not often enough, take sweet spirits of nitre to make them act. [See Kidneys].

If they act too freely take belladonna and use as dry a diet as possible. [See Kidneys].

If you are too hot with fever, take medicine to cure the fever. If you are chilly try to warm yourself up. If you have inflammation of any kind, use a light and spare diet during the first stage. If you have a drainage of the system from an abscess, use a richer and stronger diet. If you are inclined to be puny and should linger

after a protracted spell of any kind, use tonics to build up your system.

So you will see if you will notice, that it does not make any difference what the main trouble is, you should remove any other trouble that may come up, if it is proving troublesome to the patient.

Now I have written this to show you that the doctoring should be done according to the symptoms in each case. Then also, if you will pay strict attention, you will find that every medicine has its properties and power to act in certain ways. Cathartics act on the bowels; astringents check them. Diaphoretics cause sweating, and aromatic sulphuric acid checks sweating. Diuretics cause the kidneys to act, and belladonna checks them. So while learning you must learn the properties of each medicine, and then you can soon learn what to give for certain purposes, and the more you learn the easier it will be for you to learn the rest, and after you get the knowledge that you can learn from this book, you will wonder why the great masses of the people have not learned it sooner. So take a deep interest and watch for yourself, care not what others may say to the contrary. Prepare to save in time.

TYPHO-MALARIAL FEVER.

Typho-malarial is not a contagious disease, [that is it is not catching or communicated from one person to another], if the room is kept well ventilated and all discharges removed at once thirty or forty yards from the house. This fever is considered a malarial fever, caused from a poisoned condition of the atmosphere. Some physicians call it typhoid fever, but I do not think they are correct in so doing, as you will discover when I give the symptoms of each fever. Typho-malarial fever is a fever that will run its course, that is it cannot be checked

in full by any remedies known at the present. Typho-malaria appears to be an intermediate grade of fever between remittent and typhoid; that is, it is a worse fever than remittent on account of its long duration, and not being subject to be cut short by remedies, as is remittent; yet not so grave or dangerous as typhoid, for the reason the bowels are so dangerously affected in typhoid fever.

SYMPTOMS OF TYPHO-MALARIAL FEVER.—Now in giving the symptoms of typho-malarial fever, I shall give some of the symptoms of typhoid fever, that you will be able to distinguish one from the other. Typho-malarial fever has a slow forming stage in nearly every case, (so does typhoid), the patient complaining but little at first, but gets a little worse every day for 4, 5, or 6 days, the fever getting a little higher each day until he is confined to bed, but does not complain of anything much, except loss of appetite, weakness and fever. The bowels are nearly always in a healthy condition (unless they have been deranged by purgatives), while in typhoid fever the bowels are almost always in a loose condition, and throwing off ochre discharges.

In the beginning, or forming stage, they are tympanic [that is filled with gas, and tender, puffed up], while in typho-malaria they are of natural size, and not puffed in one case in a dozen. But there is often a tenderness in the iliac region [on each side of the region of the bladder], which you can discover from light pressure there. The fever will recede once in every 24 hours, that is it will nearly or quite disappear from the surface, especially the face and hands and arms for the space of one, two, or three hours, and the patient will seem from appearance and even by the touch, to have no fever, yet if you will apply the fever thermometer in the armpit [close up under the arm next to the body], or under the tongue for eight or ten minutes, you will often find the fever as

high as before. Patients often sweat profusely in this fever once in 24 hours, but such is not the case with others. Some only sweat occasionally at irregular intervals, while others scarce ever sweat during the time the fever lasts, and it lasts from twenty-five to thirty or even forty days or more. In some cases there is little mitiary eruptions [pimples] about the neck, breast and abdomen [the belly] in typhoid fevers. I have never seen those eruptions in any case of typho-malaria. There is low, muttering delirium[twitching of the tendons of the wrist] and a coated tongue in typho-malaria, that is where the patients get pretty low; but these things occur in most cases of fevers, where the fever lasts very long. Now don't get scared, but be cool, calm, quiet and watchful, and wait with patience till the disease has had time to develop itself, in all cases of fevers where they come on so slow and gradual. They must have time to develop themselves fully, before you or any body else can tell what kind of fevers they are, for if you get scared and send for a doctor too soon, the doctor may guess what it is, so might you guess what it was, but guess would be all, for neither you nor the doctor would know for certain what fever it was; and if it proved to be typho-malaria or typhoid fever the doctor could not check it, I mean cure it; for as I have said before, it will have to run its course, and the patient wear it out in spite of all any one can do, with our present knowledge of it. These are two of the troubles that afflict human beings, in which good nursing is half the battle, if not more than half: yet medicine given properly is of great benefit to assist in carrying the patient through safely. So you see how essential it is for you to learn to nurse and nurse well: and also to get your friends to learn it, for you may have to nurse them, and they may have to nurse you. Then how necessary it is for all to learn it, for we know not

whose hands we are to fall into. Think of it and learn to be wise, for the evil day cometh which none can hinder. Then be prepared and have all things ready.

In this fever and in typhoid and any other continued fevers you will find the fever thermometer to be of great service to you, as it will give you the correct degree of fever at all times, while if we depend on the sense of touch, or the beating of the pulse, we are liable to be deceived; for in this fever when the fever recedes, as I have mentioned before, you might think the fever had left, and therefore neglect your patient, while he yet would have a high inward fever. Then again, the pulse is liable to deceive you, for there is a variation in the beating of the pulse in different cases: some having a beat of 60, some 70, some 80, and so on up to 120 to the minute, but in the great majority of cases, the pulse beats somewhere between 85 and 110. Now remember, if the fever comes on slowly, you may suspect it to be typho-malaria or typhoid fever, whichever is raging in the neighborhood at the time.

I will also state here (the more fully to enable you to distinguish each fever), that typho-malaria and typhoid fevers come on slowly and hang on 3, 4, 5, or 6 weeks, while intermittent or remittent fevers come on more suddenly, and can be broken up or cured, in most cases when properly treated, in 5 or 10 days; remitting generally being the more stubborn and hard to conquer. While the inflammatory fevers, such as pneumonitis [pneumonia], and pleuritis [pleurisy], come on very suddenly, the patient often being very poorly in one or two hours. If it is pneumonitis the pain is in some portion of the chest, and nearly always near the nipple, and so severe that the patient cannot draw in a full breath without it causing pain more or less severe; while with pleuritis [pleurisy], the pain is in the region of the short

ribs. If the eruptive fevers are in the neighborhood, or the patient has had an opportunity to catch any of them, that is measles, scarletina, or small-pox, be on your watch, and should the patient have been exposed to any one of them, and the proper time had elapsed for him to take either one, it might assist you very much in making out your diagnosis [telling what the trouble is].

Now I am going to give the treatment, and I want you to bear in mind, that I will advise you to treat each symptom as it comes up, which rule will apply to every other disease as well as this: therefore, remember to treat each symptom as it comes up. Remember the nursing and free ventilation of the sick room, for nearly everything that is done for the patient in typho-malaria is the same that is done for typhoid fever, excepting, that in typhoid the diet should be a fluid or of the softest kind, such as has no solids or roughness whatever, while in typho-malaria the patients can in a great majority of cases, eat some solid diet with safety.

TREATMENT OF TYPHO-MALARIAL FEVER.—In mild cases, where the patient is able to be up and can walk around, if the weather is pleasant let him walk out of doors or sit up when he wishes and do not keep him confined to bed. Let him have exercise, but under no circumstances enough to worry or fatigue him. Keep him out of a hot sunshine. He should eat slow and chew his victuals fine so they will be easily digested. As long as he is doing so well let do well alone, for he will have to wear the fever out; so do not give purgatives unless it becomes absolutely necessary, for you might in so doing get the bowels deranged and get up a bad case, when you could do much better by using an injection of a pint of warm soap suds in the lower bowel and repeat it if necessary in an hour or so if the first did not cause his bowels to act. I recommend an injection for the reason

it causes an action without disturbing the stomach or weakening the patient, but I do not think it necessary to use anything to move the bowels oftener than once in every 3, 4, or 5 days, for I have never known a case of this fever where the bowels were bound or slow to act but what the patient got well, and I have known several to go without an action from the bowels from 5 to 14 days and recover more readily than those that had their bowels deranged by taking cathartics. So you may depend upon it, where the cases are mild, do nothing more than I have stated above. But if the case is a little more severe, and the patient can not sleep at night, then give at bedtime a dose of morphine, gum opium, tincture of opium, paregoric, or hydrate of chloral, any one of which will do, provided it agrees with the patient. If on trial you find one kind does not agree with the patient try another. Morphine is preferred where the bowels are inclined to be costive as it is not so binding on the bowels as opium or laudanum, but if the bowels are inclined to run off then use opium or laudanum as it is more binding than the morphine and would answer the purpose of giving ease and sleep and also would check the bowels. If neither morphine nor laudanum nor opium agrees with the patient, then give paregoric or hydrate of chloral, and if the bowels are all right and the patient does not complain of any pain or misery but can not sleep well, then give a dose of bromidia, a teaspoonful in a swallow or two of water and repeat every hour till the patient can sleep. The morphine or laudanum or opium or paregoric, whichever one is used, should not be given under an hour apart, and be checked up as soon as the desired effect is obtained, but should be given again when needed, for any of the above-named troubles. Gum opium or Dover's powders are always the best if the bowels are running off much, and if they

do not check up after giving a few doses of opium, then mix 5 or 10 grains of subnitrate of bismuth with the opium occasionally or give the bismuth alone every 4 or 5 hours in a little water till the bowels are checked. I mean to give the opium and subnitrate of bismuth both. Tannic acid is also good in such cases. If you wish, you can give the tannic acid in 3 and 4 grain doses just after each action, if the opium and bismuth do not check them after a fair trial. If the kidneys fail to act sufficiently at any time give sweet spirits of nitre in teaspoonful doses every 2 hours in one-fourth glass of water till the kidneys act or till you give 8 or 10 doses. If it is more convenient you can use powdered nitre (saltpeter) instead of the sweet spirits of nitre. Use it the same way you would sweet spirits of nitre, by dissolving in water and give 10 or 12 grains at a dose. When they act then 1, 2, or 3 doses in 24 hours might do, and if they continue to act all right you need not give any more.

If the patient complains of misery in the bowels, take an equal part of tincture of camphor (the gum dissolved in whiskey, just such as we all keep,) spirits of turpentine and castor oil, mix it well by shaking it in a bottle, then wet a flannel cloth as big as your two hands with it and lay it over the bowels and repeat as often as necessary to keep it moist: remove or apply it as you wish. If the bowels [belly] should in any case be distended [puffed up] give a few doses of turpentine, 10 or 15 drops at a dose every 3 or 4 hours, and a few drops occasionally of essence of peppermint, and move the bowels by an injection if they haven't acted for 2 or 3 days. If a hemorrhage [a bleeding from the bowels] should occur (which does not occur in one case in fifty) give tannic acid or gallic acid, 5 or 8 grains of either, every 4 to 6 hours according to the urgency of the case: that is, if the hemorrhage is often, give oftener, if slow.

a little and seldom: also give 20 drops of the fluid extract of ergot an hour after each dose of the tannic or gallic acid.

A dose of opium given every 6 or eight hours would also be of much service. It is a good astringent and would also be of much service in keeping the patient quiet and still, which is very essential in such cases. If the head gets too hot apply cloths folded several times and wrung out of cold water to the forehead; rewet the cloths and apply them as often as necessary to cool the head.

If the fever is high, dry and burning, sponge him off once or twice a day with tepid [a little warm] water and wipe him off well afterwards. In sponging [washing off] first wash the face, neck, arms, and chest, then the body, next the legs and feet, but do not remove too much of his clothing or bed covering at a time unless it is pleasant to him. I have often had my patients sponged off with the following: namely, half pint vinegar, half pint water, and one pint good whisky, mix all together and warm, then sponge off as directed above and rub the patient all over with castor oil: and in nearly all the cases treated in this way the fever would get lower, the patient would rest better and ask to be treated so afterwards time and again. The oil keeps the skin from becoming so dry and crusty and does not get the clothing greasy as some would imagine.

As to how often the clothing should be changed, that depends on circumstances in each individual case. If the weather is very warm the clothes of the patient and also the bed clothes should be changed oftener, or if the patient sweats much or often, then they should be changed oftener than if he did not sweat much. So also some could not go as long as others on account of former custom of making a change of cloth-

ing often, while others may not have been in the habit of making a change so often and therefore could be content without making a change for several days, while the former [the first mentioned class] would not be content or even rest satisfied unless an earlier change be made. Again, where the patient should be so weak that he would not be likely to stand the worry or fatigue that the changing might cause, it would be better not to make the change so often. Thus the change of the clothes may run from 2 or 3 to 5 or 6 days, as the nature of the case demands. Let the patient have a little cold water at any time he wants it, but not so much as to set him to vomiting. In regard to diet, let him have milk or tea or coffee, which ever agrees best, with soft, well-cooked bread of any kind he wishes, with soup made of chicken, squirrel, rabbit, birds, or Irish potatoes or oysters; give of any in a sufficient quantity to keep up his strength, just so you do not give enough to derange the stomach. As for the quantity you will have to be governed by the age and former habits of each patient as I have already set forth in the treatment of remitting fever on pages 19, 20 and 21 to which you can refer, for the rules of diet given there will do in all cases of fevers except typhoid, and will do for that if you will leave out all solid, rough diet. But remember in particular that if the bowels should be inclined in this or any other fever to run off too freely, do not give any soups or broth made of any kind of meat till the bowels are checked up properly. If the bowels are bound or regular, give any of the diets that are mentioned here or on pages 19, 20 and 21 that the patient craves, but if the bowels are inclined to run off, then any of the diets that are likely to cause them to run off more. So, also, if the bowels are too costive, then we want the patient to use a diet that would be likely to loosen the bowels a

little, while upon the other hand if the bowels are acting all right we then should let the patient use whichever kind of diet he wishes. Remember in particular it is very seldom that the diet is to be chosen on account of the medicine given, but on account of the disease or the condition of the bowels at the time that the diet is to be given in each case.

Some physicians give large and repeated doses of quinine in this fever. I do not see any use in so doing, for quinine will not break the fever. They claim that quinine given in doses of 15 or 20 grains at a time will lessen the fever, but yet they do not claim that those large doses will cure it. I was always afraid to give such a large dose for fear of its deranging the stomach thereby preventing the patient from eating for a time, and also that it might produce too much trouble about the head and ears. I have therefore been content to use quinine more as a tonic in this fever and to depend on sponging the patient and giving him antifebrin to cool down the fever or to use antipyrine instead of quinine. So I will say to you to use the following: Give quinine in 3 grain doses every 6 hours as a tonic, and give 8 grain doses of antifebrin every 7 hours provided the patient does not sweat too freely, but if there is much sweating skip 1, 2, or 3 doses of the antifebrin at any time.

The antifebrin and the sponging will reduce the fever considerably and thereby cause the patient to rest better, but the sponging is not to be done when the patient is perspiring [sweating], neither is the antifebrin to be given when the patient is sweating very freely. If the patient does not bear quinine well or even prefers to use antipyrine instead of the quinine, let him use it in 6 grain doses every 6 hours. Stimulants are also necessary, but use the purest articles you can get. For di-

rections see pages 25 and 26. The brandy and egg mixture is also a splendid preparation to use in this as well as other cases where a stimulant and a nourishing diet is needed. There are many preparations of diet, entirely too many for me to attempt to give a description of even one-half of them such in a book as this is intended to be, but by careful attention to the rules laid down here and on pages 25 and 26 you will be able to judge correctly enough to select a safe diet for any patient. Now bear in mind that if the fever leaves suddenly and the patient's feet, legs, hands, and arms begin to get cold, then stimulants, nourishment, hot rocks or bricks are to be resorted to at once. And if after the fever leaves the patient should need a tonic, you will find a good bitters made by putting an equal quantity of yellow poplar bark and dogwood bark in good whisky and given 3 or 4 times a day will be of great advantage; or if you wish you can boil the barks in water down to a strong ooze, then strain and add as much whisky as there is ooze and use as above directed; take either just so or weaken with water or sweeten as desired; or instead of the above bitters you can give from 10 to 12 drops of aromatic sulphuric acid in a fourth glass of water an hour before breakfast, dinner and supper, and also use 3 or 4 drams of good whisky, brandy or wine daily. I have also found Brown's Iron Bitters to be a good tonic in such cases. Now when your patients are getting well and are able to walk around, do not let them worry themselves by any exertion or be exposed in bad weather or eat too much at any one meal for fear of a relapse, for a relapse is nearly always worse and more dangerous than the first attack. Do not forget that there is as much in good nursing as there is in medicine in this fever.

PNEUMONITIS (PNEUMONIA).

Pneumonitis is not a contagious disease [is not communicated from one to another], it is an inflammation of the lungs, affecting a part only or a whole or the entire lung, on either the right or left side, that is the right or left lung, and in some cases, the right and left lung are both affected at the same time, but not often. As this is the first inflammatory trouble of which I have spoken I will tell you now how you may know how to tell any word that means inflammation. If the word's last letters are *itis*, you may know that it means an inflammation, as pneumonitis, pleuritis, cystitis, eyeritis, enteritis, tonsillitis, bronchitis, each word means "an inflammation. Remember there is a vast difference between inflammation and mortification. Inflammation is an engorgement of a part, that is, the blood vessels in that part become congested, too full and distended, which creates heat, redness, tenderness and swelling, as you often see the eye red and inflamed from some cause: the finger inflamed from a cut, or the hand from a bruise or a sting. Inflammation sets up in nearly every cut, bruise or wound of any extent, but not often dangerous when properly treated. While mortification is a deadening of the part and very dangerous. So now you see that pneumonia is an inflammation and congestion of a part or the whole of the lung. If you want to know how the lungs look, kill a chicken, or a turkey, a pig or any animal, and cut off the wind pipe near the swallow, and then begin to follow it on down, not cutting it anywhere else, and take out what are called the lights with it, for they are fast together, then examine it closely: put your mouth to the windpipe where you cut it off, and blow in it as you would blow up a bladder, and you will find

that it will puff out till it is fully distended; then let the end of the windpipe loose, and you find the lights will down as they were before you blew them full of wind. Then begin to cut the lights open with a sharp knife so as not to bruise it, and you will find it is filled with little hollow places all through, to receive the air that the animal would draw in in breathing. You will discover that they are of an elastic nature, so as to stretch when the animal draws in a breath, and contract [draw up], when it throws the breath out; then notice the blood vessels that run all through the lights—the veins and arteries. Now this thing called the lights in animals, fowls, &c., is their lungs, and resembles the human lungs in every respect, in substance, form, shape, and functions; therefore, you can get a better idea of the human lungs in one hour by the examination of one of these, than you could by maps, charts and drawings, put on paper, in a week. Notice the windpipe also. You will find it is hollow and always open, not closing up like the swallow. The windpipe is called the trachea, therefore you notice I said trachitis, above, which meant an inflammation of the inside of the windpipe. Remember the trachea extends from the back part of the mouth down to the lungs, then it forks off like a tree, one fork running into one lung on one side, and the other into the other lung on the other side. These two large forks are called the bronchi. Therefore I said above bronchitis, meaning an inflammation of the bronchial tubes. Now these two forks or prongs extend but a short distance, till each one of these bronchi [prongs] have little branches in vast numbers leading off from them to every part of the lungs [or lights], to supply the entire lung with air, which is necessary to arterialize the blood: that is to change the dark venous blood into a bright arterial color, without which change in the blood no person could

live. Now if you will notice just behind the windpipe you will find the swallow, which is called the esophagus, which extends downward into the stomach. The top part of the swallow including the back part of the mouth, is called the pharynx, therefore when these parts become inflamed we call it pharyngitis, which means an inflammation of these parts.

Now I have preferred to advise you to notice these organs of some animal, as spoken before, for such an examination will give you a better knowledge of how the human organs are than any other method, and will also give you a good idea of the inward organs which are most likely to become affected with inflammation. I must say right here, in treating any inflammation you should use an antiphlogistic diet, warm and soothing poultices, rest and quietude, with saline cathartics, astringents and anodynes as necessary, (some prefer cold applications in the outset).

Refer to the dictionary in the back part of this book for the meaning of any word I use, if you cannot understand it without such reference.

I believe the most common cause of pneumonia is the sudden changes of the weather, the patient taking cold therefrom and the cold settling in the lungs. A wound in or about the lungs often causes pneumonitis. Pneumonitis has three stages: 1st the acute or forming stage, 2d, the stage of solidification, and 3d, the stage of resolution or suppuration. The first stage is while the inflammation is growing, and leads to solidification, (that is the lung, or the portion affected becomes congested [engorged] and the air cells are filled with secretions), then we say the trouble has reached the second stage or the stage of solidification. The third stage begins when solidification begins to give way, and the lung, or that part of it which was affected begins to improve, or when

suppuration sets in, which last (suppuration) very seldom occurs, not one time in a hundred, as a general rule, but in case suppuration does set in, the case would not yet be hopeless, as you will see when you come to the treatment. The first stage generally lasts from one to two days, and sometimes from three to four days or even longer. The second stage [solidification], generally lasts from two to four days, but sometimes even longer. The third stage generally lasts from three to five or ten or twelve days, or even longer. Occasionally, and if suppuration sets in the case is still more continued; but the last mentioned cases are very rare.

SYMPTOMS OF FIRST STAGE.—The patient is seized with a chill, the chill is followed with a fever, then a pain of greater or less severity will be complained of, in or near the region of the nipple on the side affected. The thermometer placed under the arm (in axillary space), shows fever, the pulse will also denote fever, as it will rise from 5 to 10 or 15 or even to 30 or 40 beats in a minute more than when the patient was well. Cough is apt to set in soon after the invasion, and the patient will soon begin to expectorate [spit up]. What the patient first begins to spit up is scanty and thin, but soon changes to a more thick and tenacious substance, often streaked or mixed with blood of a rusty appearance, resembling iron rust, which is known as the brick-colored expectoration, and is a sure sign of pneumonia if of a sticky [tenacious] character, which you can test by letting the patient spit in some smooth vessel, and if it adheres to the vessel when turned bottom upwards, you may rest assured that the patient has pneumonia. If the fever thermometer shows one, two or three degrees of fever only, it denotes a light attack, but if it runs over four degrees of fever, then each degree shows a more severe attack in proportion to the number of degrees of fever above normal.

There is an occasional flushing of either one or both cheeks. If the patient attempts to draw in full breath it creates pain, and the breathing is faster.

Now you need not expect all these symptoms to come in any one case, but there will, nearly always, be enough of the symptoms present to enable you to determine that it is pneumonia.

TREATMENT OF FIRST STAGE.—Give a good dose of salts and repeat every 3 hours till you get a good, free, copious action. I mean our common salts [Epsom salts] or Crab Orchard salts or Rochelle salts, either of which will do. Also make a mush poultice by spreading mush as thick as a case knife handle on a cloth 4, 5, 6, or 7 inches square, then sprinkle ground mustard over the mush so it will not burn too much, then wet a thin rag in vinegar and spread it over the mustard. Apply the poultice to the side of the chest over the misery as hot as the patient will bear it and if it burns too severely make another and do not put on so much mustard as at first. Keep repeating the poultices till they redden the skin. There is but little danger of their blistering, and if they should blister there would be no harm done. The main point in such cases is to keep the part where the pain is as hot as you can with moist hot poultices of some kind, it does not make much if any difference what they are made of so they are not made of anything poisonous or of anything which would be offensive to the smell. The poultices should be kept on till the pain is checked, provided the pain does not last over 36 hours. Now I mean for you not to keep on any poultice either cold or hot over 36 hours at any one time, for they would be liable to sadden the flesh over which they were kept. So the better plan is to apply poultices as warm as the patient can bear them for the space of 20 or 30 hours in the first outset, then remove and put a

piece of quilt wadding or a piece of flannel 2 or 3 times double over the part where the poultice was, so there may not be too sudden a change made when the poultice is removed. If the pain come up again apply the poultice again for a short time, but when it is removed put your quilt wadding or flannel on again. When you go to remove the quilt wadding or flannel, remove it only by pieces at a time, do not remove it all at once. Cloths folded several times and wrung out of hot water and applied in the place of poultices are urged by a great many. Remember you need not use mustard on the poultices only long enough to redden the skin real good, then use the poultices without the mustard. You must give opium, laudanum, paregoric, or morphine as often as necessary to relieve pain in the first, second, and third stages; so you must give it at any time during the spell when necessary to ease pain or to cause the patient to rest or sleep. I prefer morphine as it is not so binding on the bowels as the others. Neither kind should be repeated under an hour when given in a full dose, unless the patient be suffering very much, but where the pain continues very severe for three quarters of an hour after giving a dose you should not wait an hour but give then and continue to repeat at the above-mentioned times till the patient gets easy, and then repeat only when necessary to relieve pain or to cause the patient to sleep or rest, but in any case it should be given often enough to cause the patient to rest well. I have often applied cloths wrung out of cold water and folded several double to the head when the patient complained of severe pain in the head, and it would relieve the pain. The cloths have to be rewet and applied every few minutes till the head gets cool or the pain ceases. I look upon them as being harmless but of much service. Some of our best physicians prefer cloths wrung out of

cold water and applied every five minutes to the chest over the pain in place of the poultices spoken of. I have never tried them there, yet I do not doubt but they would act well.

Do not insist on your patient eating anything during the first stage, but if he calls for anything give him any light diet that he craves in small quantities at a time; remember you are dealing with an inflammation in the first stage, and that the patient does not need but little if any diet for two or three days.

Now in the first outset, as soon as the patient is taken or a short time thereafter, if he be robust, stout, and of a sanguine temperament, that is, full of blood, with full face and strong pulse, and has a severe pain in the region of the nipple and also pain in the head, then instead of giving the salts take about a pint of blood, more or less, according to the size of the patient and it will relieve the pain in such patients quicker than any other treatment, then go on with the case as directed in other cases only do not give the salts if you bleed him. Do not bleed any other class of cases except this last-mentioned class.

THE SECOND STAGE OR STAGE OF SOLIDIFICATION—SYMPTOMS. —If you will lay two fingers of one hand on the chest where the pain was and strike them with the two fingers of the other hand, moving from one place to another, you will find when you strike the place where the lung is affected if it is solidified, the sound will be dull, or nearly or quite flat: the sound will not be so hollow as it is where the lung is sound on the opposite side. If the pain has been severe it will now begin to be less severe, expectoration becomes looser and more abundant and will soon begin to appear of a more healthy character, the breathing begins to get more natural, soon the fever lowers gradually and in other re-

spects the patient will remain pretty much the same for 2, 3, 4, or 5 days when resolution will be apt to set in and continue till health is restored. In pneumonia the intrinsic tendency is to get well, unless the patient has measles, scarletina or one of the continued fevers at the same time, but if they have the disease would yet not be necessarily fatal, for patients often recover under such circumstances.

TREATMENT OF SECOND STAGE PNEUMONIA.—In this stage you should take a feather and wet it in the tincture of iodine and with it paint the chest on the side affected and repeat every 6 hours till the skin becomes too tender to bear it. The iodine is so strong that when used on little children it should be mixed with an equal quantity of tincture of camphor. Opium, laudanum, paregoric or morphine should yet be used when necessary to give ease to pain or to cause the patient to rest or to sleep. Morphine is preferred in the great majority of cases as it is not so binding on the bowels, while paregoric is the best for little children on account of its pleasant taste when weakened with sweetened water.

Carbonate of ammonia dissolved in water and given every 4, 5, or 6 hours is good to loosen the cough and also to stimulate the patient. Dose, 5 to 8 grains.

Quinine given in 2 grain doses every 6 hours as a tonic is a sufficient amount of quinine. Good whisky. French brandy, or peach brandy should be given in this stage as a stimulant; it is also good for the cough in most cases but should be used according to the rules laid down in the treatment of remittent and typho-malarial fevers to which the reader is referred, pages 25 and 26. The patient should be nourished with diet in this stage as much as can well be without deranging the stomach. So you may give a more nourishing diet, but with caution. If the patient should have a high, dry, burning

fever give 7 or 8 grain doses of antifebrin dissolved in 2 or 3 swallows of water every 7 hours till the fever is lowered, then stop giving it for awhile but repeat it again when necessary. It will be apt to cause the patient to sweat freely after taking 2, 3, or 4 doses, which will moisten the skin, lower the fever and cause the patient to rest better. Keep the room at a temperature which is pleasant and comfortable to the patient, neither too hot nor too cold, but prevent any cool or cold draft of air from going direct to the patient: do not suffer yourself to get an extreme either way, for it is not a safe plan by any means to keep the room too tight or too warm; while upon the other hand it is not safe to have the room too cold or to suffer a sudden change to be made in the temperature of the room. As a general rule an even and regular temperature that is pleasant to the patient is to be preferred. Quietness in and about the room is much the best in all cases of sickness, therefore give your best attention to the sick, try to make the room as comfortable, as pleasant and as quiet as possible. Remember, too, that too much company, too many nurses, too much loud talking, or even too much whispering are often very annoying to the sick. While yet again you should not put on long faces or act as though you were scared or excited, but on the contrary you should look pleasing, talk pleasantly and act prudently in all you do or say in any case of sickness.

Antipyrine is also one among the best of medicines to use in the first and also the second stage of pneumonia. I have often used it instead of the quinine spoken of before. I generally give it in 5 or 6 grain doses in 2 or 3 swallows of water repeating it every 6 or 7 hours. It appears to quiet the patient, causes him to rest better, and appears also to assist in lowering the fever, and pa-

tients do not, as a general rule, need as much morphine, opium or other anodynes while using antipyrine.

If the bowels should become too much bound, give a small dose of salts every seven hours till they are moved. If they should act too freely, then give opium, laudanum, or paregoric to check them. If the kidneys fail to act, give nitre or the sweet spirits of nitre every two or three or four hours, according to the urgency of the case. Remedies to loosen the cough, or cause the patient to expectorate [spit up], are not often necessary, for they would have to be given in a sufficient quantity to nauseate [sicken] the stomach before they would loosen the cough, therefore their effect in sickening the stomach, weakening and enfeebling the patient, would be of more disadvantage than the benefit derived in loosening the cough. The main object in pneumonia is to keep up the strength of the patient. If you can do that, he will always be able to spit up all that is necessary for him to spit up.

Aconite, veratrum viride and tartar-emetic are often used by many of our best physicians, but I have never used either of them in but few cases, for the reason they are poison, and their effects are to be watched very closely, or with them you are liable to do much harm, while their effects upon the system is very uncertain.

THE THIRD STAGE, OR STAGE OF RESOLUTION.—Resolution or absorption, means the solidification or engorgement of the lung is being absorbed, that is that portion of the lung which was affected is getting well, it is gradually being restored to a healthy state. This stage is called convalescence [getting better], which is easily known by the patient having a better appearance; he rests better, has a better appetite, and the fever has left, or nearly so.

TREATMENT OF THIRD STAGE OF PNEUMONIA.—But little, if any medicine is required in this stage. Good

nursing, and perhaps a little quinine in two or three grain doses an hour before breakfast, dinner and supper, with some good bitters, such as could be made by putting a half teacupful of dogwood bark and the same amount of yellow poplar bark in a pint of good whisky, or if that could not be come at conveniently, just get a bottle of Brown's Iron Bitters, and use it instead of the other. But if the patient has a good appetite he could make out well without either.

Now I would have you to understand, that not only in this but in any other sickness, I would advise you, where the case was assuming an aggravated form, to send for a regular doctor, but do not get scared and send too soon, for if you will follow the rules laid down here you will not often need any assistance, but if you do need assistance send for it. Do not regular physicians, and even the best of them, send for assistance in many cases; then why not you send for help also, if you think it best to do so?

PLEURITIS, OR PLEURISY.

This is another inflammatory trouble, it is an inflammation of the pleura. The pleura is a delicate serous membrane enclosing each lung, that is the right and left lung, and then is reflected upon the inner surface of the chest, that is all the inner surface of the ribs on each side of the chest. The pleura resembles a thin substance like that of the bladder. There is one of these pleuras on each side of the chest, which forms the right and the left pleura, each one of these pleuras form a separate and distinct shut sack, one side of which covers the outer surface of the lungs, and the other the inner surface of the chest, and folds in a way to form a shut sack. Now when this pleura becomes inflamed we call it pleuritis or pleurisy, a secretion takes place in the pleura, which

causes it to be filled or partly filled with a watery fluid, like that which secretes and runs from the eyes or nose when they are inflamed by cold or other causes. An attack of pleuritis, as a general rule, lasts from 2 to 3 weeks. It most always comes on with a chilly sensation, not often with anything like a severe chill. Sometimes the patient will complain of a soreness in the side for 2 or 3 days before the pain is severe; the fever next makes its appearance. There are some cases that come on very suddenly, and the patient will have a well marked chill, which is the first thing to draw his attention to the trouble. Next there will appear a pain in the side affected. The pain is often very severe; it is cutting, sharp, and seems almost as if a lance were piercing the side, especially when the patient attempts to draw in a long breath. The moving of the body, or coughing also creates pain in proportion to the severity of the attack or sensitiveness of the patient. In some cases the patients scarcely complain of any pain. Fever always comes on with the inflammation. The pain is located in the middle or lower part of the chest, not in the region of the nipple as in pneumonia, but further around, more under the arm when the arm is let hang down, and lower down in the side than a pneumonia pain. The pain of pleuritis, as a rule, covers a larger space than the pain of pneumonia. The pulse is more quick and harder than in health. If the fever be tested with the fever thermometer it will show a temperature above normal [healthy] of two or three degrees. The patient as a general rule is thirsty and complains of a pain in the head, he is restless and complains also of weakness. Cough is present in most cases, but not in all; if it is present the patient refrains from coughing as much as possible, on account of the pain that is caused by coughing. If the patient spits up anything it is only mucus, and not a thick,

bloody and tenacious substance like that which is spit up in pneumonia. The breathing is faster or slower in proportion to the height of the fever and the amount of the fluid [watery substance] which is gathered in the pleura, the more fluid, the greater the pressure against the lung; therefore the lung cannot expand freely so as to take in a sufficient amount of air, and for that reason the patient is forced to breathe faster. There is not that flushing in the cheek in pleuritis that there is in pneumonitis. After the patient has been sick for 2 or 3 or 4 days the pain and also the fever is considerably lowered and the patient rests better and prefers to lie on the side affected in nearly all cases.

TREATMENT OF PLEURITIS.—In the first onset of pleuritis if the pain in the side and head is very severe and the patient has a full and hard pulse, and he is stout, robust and of a sanguine temperament, you can take from the arm one pint of blood, that is if you think it best or necessary to give ease at once, or if on the other hand the case is not so urgent (and it hardly ever is), you may give a dose of opium, morphine or paregoric, and repeat it if necessary to give ease, and also give a heaping tablespoonful of salts, repeat the salts in 5 or 6 hours if necessary to get a free action from the bowels. Then repeat the opium or morphine at any time afterwards to give ease when necessary. The salts should be repeated in small doses for two or three days, just so as to keep the bowels in a loose but not an active condition. Remember the stouter and more robust the patient is the better he can stand for his bowels to be moved (except in cases of dropsy). And the weaker and feebler he is, the more cautious you should be in giving purgative medicines, only when it is necessary to remove some watery secretion from the system, as you will see that I will recommend directly. Now remember the salts and opium

as spoken of above will give ease, and quiet the patient in 3, 4, or 5 hours and will answer the same purpose as the bleeding. Therefore if you bleed do not use the salts for one or two days afterwards, and then only in small doses occasionally, to prevent the bowels from being bound. If the kidneys fail to act properly, give a teaspoonful of the sweet spirits of nitre in 3 or 4 swallows of water every 2 or 3 hours till they do act properly, and repeat the nitre at anytime to keep them active. The powdered nitre will do to use instead of the sweet spirits of nitre. You should apply poultices, or cloths folded several double and wrung out of water with turpentine added to it, and as hot as can be borne by the patient, over the seat of pain, and repeat them every few minutes till the patient gets ease and apply them from time to time afterwards if the pain should be severe. Keep the room of an even temperature and so as to be pleasant and comfortable to the patient. As for the diet, you need not insist on the patient eating anything for 2 or 3 days, but give him a light diet if he desire it.

Now there might be some cases that would come up where the patient would take pleuritis or pneumonia or some other inflammatory trouble, when they would already be weak, feeble and emaciated, and if such should be the case then it would be the better plan to feed and nourish them from the beginning, so as to keep up their strength as much as possible, and to give stimulants such as quinine, brandy, whisky or wine. See pages 25 and 26 for full instructions how to use it. Aconite is highly recommended where there is much excitement in the system in general, but I have never used it and have always managed my cases so as never to loose a case with pleuritis. Patients nearly always recover from pleuritis when not bothered with any other trouble at the same time, and recover even without any

medicine. Yet they will do better in most cases if treated by the rules herein given. Now in case the patient should be lean, weak and feeble when taken with pleuritis, pneumonitis or any other inflammatory trouble or even fevers of any kind, then be on your guard not to bleed under any circumstances whatever, and also not to give purgatives, but if the bowels have to be moved use injections made of a pint of warm water with a little soap, salts or castor oil added to it, and repeat every half hour or hour till you get an action. By so doing you can unload the bowels in this way and there is no danger in it of sickening nor weakening the patient nor of causing the bowels to run off too excessively. Remember that if the fever is high, dry and burning you should give a dose of antifebrin every 7 hours till the fever is lowered or till the patient sweats freely, then check up with the antifebrin but repeat with it again if necessary under the above circumstances. You should also sponge the patient off occasionally if he has a high, dry fever, according to the same rules laid down in the treatment of remittent and typho-malarial fevers to which you can refer on page 25. Now do you not see in all instructions given so far that you are advised to doctor according to the symptoms in each individual case. So notice closely and see if you are advised to do the same way in all other cases. (I mean that you are and will continue to be advised to treat cases according to their symptoms in each individual case let the case be what it may). Now after the patient has been pretty poorly for 2, 3, 4 or 5 days he will be apt to become more quiet, and will more than likely prefer to lie on the side affected, the fever will likely be very low or quite gone, pain will be less troublesome and the pulse beating more natural, yet if you will lay two of your fingers on the side affected, in the region of the short ribs and strike

them with the ends of two of the fingers of the other hand, moving a little occasionally to different places in the region where the pain was located, you will be apt to find that a dull sound is heard in that region which denotes a collection of a watery fluid in the pleura [that shut sack spoken of before]. Now to remove that fluid you mix cream of tartar and salts, equal quantities of each, and give a heaping teaspoonful of the mixture stirred up in 2 or 3 swallows of water every 2 hours till the bowels are well moved and then give only 1, 2, or 3 doses a day, or just enough to cause 1 or 2 copious actions in every 24 hours. If the patient keeps a sufficient amount of strength while having the bowels moved in this way you may continue still to give it for 2 or 3 or even 4 or 5 days; but if the patient appears to be weakening down too much you should quit giving it so often, or check up entirely for a few days or till you think the patient can stand it again, then repeat in the same way, but when you find the patient is considerably better, then check up giving or give only 1 or 2 doses a day as necessary. Give 1, 2, or 3 doses of sweet spirits of nitre every 24 hours, or enough to keep the kidneys acting sufficiently. If the patient should begin to grow weak, lean and pale, then give a more strengthening diet, a dose of quinine every 6 hours, 3 or 4 grains at a dose, and give toddy as a stimulant. Remember well and bear in mind that in pleuritis the patient should at any time use but very little water, tea, coffee, milk or soups; he should only use as dry a diet as he can possibly make out on, such as bread, crackers, mush, thick milk, rice, a little chicken, squirrel, rabbit, bird or beef, either of which should be cooked thoroughly done. Now when you begin to give the cream of tartar or salts mixture take a feather and paint the side affected with tincture of iodine every 6 hours till it becomes tender,

then stop, but repeat it again as soon as the soreness leaves, or if you wish you may use the following mixture instead of the tincture of iodine: Take an equal quantity of aqua ammonia, tincture of camphor, and half as much castor oil as of each of the others, mix all together in a bottle, shake it up well, then wet a flannel rag as big as your two hands with it and lay it on the side and keep it wet with the mixture. If the tincture of iodine should be too strong (which it is for some, as little children or others who have a very thin skin,) you should weaken it by adding to it the tincture of camphor. If the other preparation is too strong, add more of the castor oil.

SCARLETINA OR SCARLET FEVER.

Is a contagious disease [that is, catching from one to another.) It is often very mild yet sometimes very severe. When the patient is first taken he is apt to have a chill, which may be very light but in some cases is more severe, while in a few cases the patient has no chilly sensations at all. Then the fever makes its appearance and is often very high. The skin begins to appear of a scarlet red, and as a general rule in 1, 2, or 3 days the eruption makes its appearance first on the limbs and body and afterwards on the neck and face, but in some few cases the eruption appears first on the face and neck. The eruption as a general thing extends or spreads quite or nearly over the skin's surface in 24 hours, but in different persons the extent of the eruption differs very much. The first appearance of the eruption is in the form of small dots or specks. Next they run together and form irregular edges. The redness is of a deep bright scarlet color and will disappear for an instant if you will press on it with some hard substance and draw it along across the eruption. This

eruption causes itching and burning of the skin. The skin on the face, hands and feet is thicker and puffed. When the eruption has made its full appearance, the fever is then higher and the pulse is faster than before, beating from 90 to 112, or 140 to the minute. The eruption, as a rule, remains from 4 to 5 or 6 days, but in some cases from 8 to 12 days. One of the surest symptoms in the first stage that I have ever found is redness of the throat and tonsils, and in fact all the back part of the throat, with colored secretion forming there. This secretion is sometimes of a dark color. Then the tongue in a short time will have the appearance of a ripe strawberry. Vomiting is often found among the first symptoms. Now in this (as in all other contagious diseases) you should be on your guard to make inquiry whether or not the patient has been exposed to this or any other contagious disease, or if this or any other contagious disease is raging in the neighborhood at the time, then be on your guard also. For if scarletina, or measles, or smallpox be raging in the neighborhood at the time, or the patient has been exposed to any one of the above named diseases, and the proper time has elapsed for the patient to take the one to which he had been exposed, you should be very suspicious that that is the one with which the patient is troubled. But remember, as I have told you before, you or any physician upon whom you may call will have to give the disease time to develop itself before either of you can tell which or what it is, for persons exposed to scarlet fever will take it in from 1 to 6 days in nearly every case if they take it at all. The older a person gets after 20 years of age, the less liable he is to take the disease, and after the age of 40 or 50, persons are not very likely to take it at all. It is in the fewest of cases that any one has it more than once.

TREATMENT.—There are many cases of scarlet fever that require very little if any treatment at all, while there is every intermediate grade from the mildest to the most severe. Remember that there are no known specific remedies for scarletina by which it can be cured; neither are there any specifics for any of the eruptive fevers, such as smallpox, measles, etc., etc., yet we can do much good by treating each symptom as it comes up in each case. In mild cases of scarlet fever good nursing is all that is required with free ventilation, light diet, cooling drinks and the avoidance of exercising so much as to cause fatigue. Neither should the patient be exposed to a cold draft of air, nor have an over supply of cover, but should be as comfortably situated as possible at all times until they have recovered in full. Sponging occasionally, say once or twice in every 24 hours, is necessary if there be much fever, and if the patient should get very restless be sure to cool down the room by free ventilation, throw the windows and doors open, remove the cover if necessary, then if the patient does not rest better in half an hour you should give a dose of morphine, and repeat in an hour if necessary to get the patient quiet. To impress it heavily on your mind I will say right here that a hot, tight or unventilated room is an unsafe place for anyone with scarlet fever. Do not fail to let fresh air into the room either through the day or night: even if it should be raining let in the moist or damp air for it is much better and safer than dry heat. For the throat, chlorate of potash dissolved in water as strong as you can make it—that is put the chlorate of potash in the water as long as it will dissolve it—then gargle some of it in the throat every 3, 4 or 5 hours, and also swallow 1 teaspoon ul every 5 or 6 hours till you begin to improve, then a dose every 7 or 8 hours will be sufficient. Another good and safe remedy

is made as follows: Take $\frac{1}{2}$ pint vinegar, $\frac{1}{2}$ pint water, mix and add to it two tablespoonfuls capsicum (powdered cayenne pepper) and one teaspoonful of table salt, put it about the fire and let it simmer for an hour, then let the patient gargle some of it in his throat every 2 or 3 hours, and swallow some of it each time. In fact I have often told my patients to use it as often as they wished. Now I believe these two last remedies are among the best remedies for scarlet fever. They can both be used at the same time or separately. I have treated many a case successfully with these two remedies alone. If the throat becomes much sore you could also apply a little powdered sulphur to it 2 or 3 times a day: it would be a safe remedy and also a good one. You might also paint the throat on the outside occasionally, that is 2 or 3 times a day with the tincture of iodine. If the bowels are bound, use an injection of warm soap-suds, or castor oil 2 or 3 tablespoonfuls in warm water, but use no purgative medicine. If you discover that the patient is weakening too fast and liable to linger, never fail to give tonics, such as iron and quinine. I mean the muriated tincture of iron in 15 or 20 drop doses morning, noon and night in water: also quinine in 2 grain doses just after or before each dose of iron. Also give a more nourishing diet and stimulants of whisky, brandy or wine as desired by the patient. On pages 25 and 26 you can find the rules to govern you in giving stimulants, diet, etc. If there should any dropsical affection follow (after the patient recovers from scarlet fever) you can tell it by the swelling of the feet, legs, hands and face. To remove this make a mixture of cream of tartar half-teacupful, salts (four-old-fashioned salts) the same amount, ipecac three tablespoonful, mix well together and give a heaping teaspoonful every 2 hours till you get a free, copious,

watery action from the bowels, then repeat 1, 2 or 3 times in 24 hours so as to keep the bowels loose, but notice, and if the actions are weakening the patient too much, check up for a time, but renew the treatment again as soon as the patient can well bear it. Feed on a solid, dry diet while treating the dropsical affection and avoid all fluids as much as possible.

Now if in this or any other case you find there is much danger, it would be best to call in some trusty physician and get his advice, after which you could go on with the case yourself. But if you will study the advice here laid down you will not often have to send for any help, unless some other trouble should come up in the case. I should have said if the kidneys should fail to act in this or any other case, then give a diuretic, such as powdered nitre, sweet spirits of nitre, or a tea made of uva ursi, or buchu leaves. I should have stated also that when there is much itching or burning sensation of the skin at any time, you should grease the patient all over with an old piece of fat bacon, or with castor oil, or a mixture of one-half glycerine and the other half water, or starch him all over with a mixture made of equal quantities of subnitrate of bismuth and rye flour.

MEASLES, OR RUBEOLA.

Measles, or rubeola, is also an eruptive fever. It is a contagious disease. The time that elapses, from the time of exposure to it until the patient begins to complain, ranges from 6 to 16 or 22 days. The first symptoms that make their appearance in nearly all cases, are as follows, viz: The patient sneezes frequently, the nose begins to drip, the eyes begin to redden and get watery, the patient feels as though he has taken on a deep cold, has a slight fever and often a dull headache, with loss of appetite in most cases, and a hoarse, rough cough, and also chilly

sensations occasionally. These symptoms last for 4 or 5 days, with greater or less severity, when the eruption begins to make its appearance, first in the roof of the mouth, next on the forehead and neck, then spreads all over the body in from 35 to 48 hours. The eruption first appears in little red specks, which in a short time enlarge and become slightly elevated. These red specks resemble flea-bites, and disappear on pressure. The portion of skin not occupied with the pimples retains its natural color.

The eruption, as a general rule, begins to fade away the 4th day, and is generally all gone in from 4 to 8 days. The measles as a general rule last from 10 to 15 days. Now if you have noticed particularly you have discovered that there is no regular rule in the time of taking, nor their symptoms, nor their duration; yet I think if you will take into consideration whether the patient has ever had measles, or whether they have been exposed to measles, and if so, if it be about the proper time for the measles to begin to appear; and then take everything connected with the case into consideration, with the rule of symptoms here laid down, you will be able to decide correctly, and especially if you have ever had the opportunity of seeing any cases of measles.

TREATMENT.—In the great majority of cases, there is scarcely any treatment needed except palliative remedies and good nursing. In the first place, as soon as you find the patient has been exposed to measles, if he be under your care, put him on a light and spare diet. Do not suffer him to be exposed to bad and sudden changes of weather. Keep him from taking cold if possible. And if you discover the symptoms of measles, then be very careful to keep him from any exposure to dampness or sudden changes of weather. If he complains of much soreness of the throat, dissolve chlorate of potash in warm

water, as much as will dissolve, and let him gargle it in his throat occasionally, and also swallow a little two or three times a day. If he is very restless, give a dose of mor- lene, and repeat, if necessary, in 1, 2, 3, or 4 hours, as necessary to quiet him. If the cough be troublesome,

Take 2 gr. morphine,
 30 “ hydrate chloral,
 12 teaspoonsful of water.

Put all together in a bottle, and when it dissolves, then add 10 teaspoonsful of good whisky, and 10 teaspoonsful of molasses or syrup, and 4 teaspoonsful Cox's Hive Syrup, shake it up well together, and take a teaspoonful at a dose every 1, 2, 3 or 4 hours as necessary to quiet the cough. Remember if you use this last preparation for the cough, you will not need the morphine spoken of before, for there is morphine enough in this last preparation to quiet the patient. The eruption will be almost sure to come out in 4 or 5 days. But if it should not come out on the 4th day you might then give a good, strong ginger stew, and let the patient have ice water (or as cold water as you can get) to drink. But be careful not to let him drink too often or too much of the ice water at one time, or it might cramp or derange the stomach. You might also in addition to the above, wet cloths in warm mustard water (as strong as it can be made), and spread them on the chest, legs and arms, or cover the patient nearly all over with them if you wish, till the eruption appears. Do not over-load the patient with bed covers, but use enough cover to make the patient as comfortable as possible. Do not keep the room too tight or too warm, but keep it so as to be as pleasant to the patient as possible. If the light is painful or troublesome to the eyes, they should be protected from the light by darkening the room with blinds, or by using a dark spread over the eyes.

If any other trouble should come up during the time of the measles, you should treat it with the proper remedies for such a trouble. If the patient should be weakly with scrofulous trouble, be sure to take special care of him for some time after he gets over the measles, and give the syrup of the iodide of iron three times a day for at least three weeks. Special care should be taken of all patients until they fully recover from the measles, for a relapse is nearly always worse, and more dangerous than the first attack.

ROSEOLA OR ROSE RASH,

Which is sometimes called false measles.

SYMPTOMS.—The patient is bothered for 24 or 48 hours with headache, loss of appetite, with chilly sensations, slight fever and sometimes with sick stomach; then the eruption appears in rose colored spots, but not elevated, that is, you can not feel the spots by rubbing the hand over them. It first makes its appearance on the body and extremities and not often on the face as measles or scarlet fever, neither does it affect the throat. It seldom lasts longer than 1 or 2 days. Some persons have it repeatedly. It is not dangerous and needs no treatment. I have only mentioned so as to prevent you from being scared by it should it visit you. All that it is necessary to do in such cases is to take good care of yourself and it will pass off. If the bowels are bound give a dose of salts; if the kidneys fail to act give sweet spirits of nitre.

TYPHOID FEVER.

As a rule this fever comes on slowly; sometimes the patient will be up and about for 5, 6, 8, and 10 days before he takes to his bed, but in a few cases it is only 2, 3, or 4 days, and yet in a few cases the patient

may be up more or less every day during the whole time of the fever; if he is, it is then called walking typhoid fever.

Now the above-mentioned periods (except the last-mentioned) are called the forming stage, which lasts till the patient is taken to bed; and during the forming stage the patient complains of a pain in the head, especially in the forehead in most cases, also of weakness, feebleness, chilly sensations occasionally, a little sickness at the stomach occasionally, loss of appetite in most cases; he is apt to be a little fretful at times; pain or aching of the legs and arms; a bleeding of the nose is very common, as is also a looseness of the bowels, the discharges resembling yellow apple pumme. Now the above are the most common symptoms of the forming stage of typhoid fever, yet they are not all present in every case; but if the patient has slight fever all the time for 3, 4, 5, 6, or 7 days, has a bleeding of the nose occasionally and a looseness of the bowels, with loss of appetite, and there are any cases of typhoid fever in the neighborhood with which the patient has been staying—you may be pretty sure it is typhoid fever.

Next, in from 4 to 8 or 10 days from the first attack you will discover the countenance will rather change, with a dull expression of the eyes, more or less observable according to the severity of the disease, the patient not appearing to notice anything at times for a few moments, and also being very stupid, that is, unconcerned about anything.

If pneumonia should set in you will discover a distinct circumscribed flushing of both cheeks; then the case would be called typhoid-pneumonia. In the course of 12 or 14 days from the first illness the patients, in the great majority of cases, complain but very little of anything. Nearly all patients are bothered with de-

le ium to a more or less extent. [Delerium means a derangement of the mind]. They will talk at random and there is but very little confidence to be placed in what they say concerning anything, yet in some very mild cases they can recollect nearly everything that takes place during their illness. The appearance of the tongue is very different in different subjects. It is most always coated more or less according to the severity of the disease, with a furrowed appearance or a whitish, brownish, blackish coating of more or less thickness. In 10 or 12 days a sticky, dark substance is apt to form on the lips and teeth. There is a hemorrhage [bleeding] of the bowels in a very few cases; the gums bleed in some cases. Another very correct symptom is to test the fever morning and evening by the thermometer, and if the fever is lower of a morning and higher of an evening, and increases gradually in the beginning, that is a pretty sure sign of typhoid fever. The pulse varies very much; in some cases it will fall sometimes during the fever to 40 and in other cases rise to 120 beats in the minute. The bowels in a few cases are costive, while in other cases the patients will have a healthy action from the bowels every day. The abdomen [the belly] puffs up in some cases, and there is tenderness discovered by pressure of the abdomen, and especially low down in the right side between the rib and the hip. In many cases of typhoid fever there are little rose colored eruptions on the chest or body; they are slightly elevated; the redness of the spots will momentarily disappear on slight pressure. They vary in number from 10 or 15 to many more in different cases. Now the difference of those spots in typhoid and typhus fever is this: In typhoid these rose-colored spots are few in number and seldom make their appearance only on the body and disappear momentarily on pressure; while in typhus fever they

appear in a shorter time or earlier than in typhoid, (that is in 2 or 3 days) and are of a dark-red color and do not disappear on pressure: they are also scattered over the body in greater numbers, and on the extremities [arms and legs] The spots or pimples disappear in typhoid and others appear, while in typhus after they once come they remain: and in typhus the fever comes up more rapidly and the skin forms a more dark or purple color than in typhoid. The height of the fever in typhoid cases, as a general rule, runs (by the Fahrenheit thermometer) from 2 to 5 degrees of fever, while in other cases it sometimes runs as high as 6 or 7 degrees of fever, and in typhus the fever is nearly always higher than it is in typhoid. Remember that when any fever runs as high as four degrees of fever above normal, [healthy] that fever should be lowered or cooled downed by refrigerant [cooling] medicine and sponging.

I will next proceed to give you the treatment of typhoid and typhus fevers. The treatment in these and also typho-malarial fever is almost identically the same. With the present knowledge of medical men none profess to cure it with any remedy known at present, nor even shorten its duration. It has to run its course, which it takes from 25 to 40 or 50 days to do. But I would not have you to think by any means that dieting, medicine and good hygienic treatment is not of the greatest importance in carrying the patient through safely.

TREATMENT.—In mild cases, while the patient is able to be up and about, and the bowels are acting properly, or at least if they are not running off, I would not advise you to do anything more than to see that the patient did not worry or fatigue himself by any exertion whatever; yet moderate exercise in and about the room, or even out in the open air in the yard, when the sun was not shining too hot, or the weather otherwise was not

disagreeable, would do no hurt, but on the contrary I think would be of advantage to many patients.

You should be guarded in the diet of all patients who have typhoid fever from the beginning until they are perfectly well. They should not eat any hard or rough diet or any solid food, such as meats, breads, or vegetables, but should use a fluid diet such as milk, tea, coffee or light soup.

They should eat slowly, chew everything that is necessary for them to chew perfectly fine. The safest diet, I think, is sweet milk, that is, if it agrees with them. If they prefer coffee, let them have it. Mush well cooked, or thickened milk, oyster soup, squirrel or chicken soup, Irish potato soup, or a little panada are all good and strengthening to the patient. But remember this in particular, if the bowels are inclined to run off at any time during the fever, do not give any soups made of any kinds of meat until the bowels are checked up again, then give the soup again if the patient desires it. Now the feeding the patient is one of the important items in this as well as in all other continued cases of sickness. For it is plain to any one of common sense, that if the patient should fail to eat a sufficient amount to keep up his strength, he would continue to weaken from day to day, until he would die of [asthenia] pure weakness and debility. Therefore it is very necessary to feed attentively in all such cases. Now there are many other kinds of diet that would be good and often be relished by the patients, but they are too numerous to mention here. A fluid diet is the safest diet in typhoid fever, that is milk, soups, and coffee, yet I have known patients to recover who used a little well cooked meats occasionally during the whole time of their sickness. In or during the first few days of their sickness you need not insist on their eating, for I believe the fever is not likely

to run so high if they loose a portion of their flesh by fasting in the beginning, but after a few days of fasting, never neglect to feed.

In regard to the amount of diet to be given in 24 hours, different cases differ widely. You should take into consideration his former habits and custom of eating. If he were a large eater before taking sick, he will require more than those who were moderate or small eaters. Age should always be taken into consideration, and always be careful not to feed too much at one time for fear of deranging the stomach. Patients should be fed regularly; for instance, the time should be governed by the amount eaten the last time. We will say, for example, if they ate or drank half a glass full at one time, then you might let them go for 3 hours: if a glass full, the last time, you might let them go 5 or 6 hours. But remember, as above stated, you must take age and former habits into consideration, and increase or diminish the diet to suit each case.

You should not wait for the patient if he is very low to call for water or something to eat, for they would in many cases lie for days and not call for either, and if you ask them if they want such and such things to eat and they say no, fix something for them anyhow and they will often eat a little. You must recollect that they are liable to linger so much longer with this than with any other fever that it becomes very necessary to keep up the nourishment.

Stimulants should also be given according to the rules laid down on pages 25 and 26 to which you can refer, turn to it and read it now, for that part of the treatment is of the utmost importance.

Make the room as quiet, as pleasant and as comfortable as circumstances will admit. Just enough company to wait on the patient is best, and more than

enough is often a disadvantage. The room should be well ventilated. Do not by any means keep a patient with a fever in a tight nor too warm a room, but let pure fresh air in.

The clothes of the patient and the bed-clothes should be changed occasionally. For information on that subject see page 36. If there is any complaint of the bowels aching mix equal parts of turpentine, castor oil and tincture of camphor, shake them well together, and wet a flannel cloth with it and spread it over the abdomen [belly]: wet and apply it as often as necessary. If the bowels remain bound too long, do not give purgatives of any kind whatever, but always use an injection of warm soap-suds, half a pint at a time, more or less, according to the age and size of the patient. Repeat the injection every hour till you get an action.

I do not think it the best plan to force the bowels to move every day in such cases. I have known the bowels in typhoid and typhomalaria to remain quiet without an action for 5, 6, 8, 10 and 12 days, and even longer and the patient do well. I do not remember that I ever knew a case to fail to get well when the bowels remained bound as above stated. The greatest danger is when the bowels run off too much. If the bowels are puffed, which is caused by the accumulation of too much gas, you should put 10 or 15 drops of turpentine in the injection, and also give the patient 5 or 6 drops in a little water by the mouth every 3 or 4 hours, and apply the flannel over the abdomen as before directed wet in the oil, turpentine, etc.

If the bowels should be inclined to run off, be sure to give gum opium every 2, 4, 6 or 8 hours according to its effect on the patient, and the frequency or slowness of the action of the bowels, and if the bowels are hard to check then in addition to the opium give a dose of tannic

acid just after each action. If there is any blood passing then use the opium and the tannic acid as above stated, and give 15 or 20 drops of the fluid extract of ergot also every 5 or 6 hours.

Now this treatment for the bowels is of the greatest importance, and should be remembered.

If the patient is restless or cannot sleep well, give morphine (if the bowels are not running off too much, and if they are then give opium), and repeat as often only as necessary to give rest, or sleep, or both.

I have found when I give 5 grain doses of antipyrine every 6 hours in this and all other continued [of long duration] fevers that the patients appear to rest much better and do not need as much morphine. I believe it to be more cooling to the fever than quinine. For that reason give the antipyrine in all cases of much severity, or even in the milder cases if you think it is necessary to give anything. If the kidneys should fail to act sufficiently give sweet spirits of nitre every 2, 4 or 6 hours, according to the urgency of the case. (For full directions see page 24). If the kidneys fail to act after trying the sweet spirits of nitre sufficiently, then get a doctor to come and draw off the water with a catheter.

In cases when the fever is high, the skin dry, and the patient not sweating often enough, give from 5 to 8 grain doses of anti-febrin, in 2 or 3 tablespoonsful of water every 6 or 7 hours until the fever is lowered or the patient begins to sweat freely, then stop giving until it is necessary to give it again for the purpose of cooling down the fever or causing the patient to sweat. I believe for the patient to sweat occasionally, is of great benefit. It opens the pores of the skin, reduces the fever, and prevents the skin from becoming so dry and crusty. But the sweating should not be kept up for too

long a time at once, nor oftener than one spell of copious sweating in every 48 hours.

Sponging the patient is another splendid method to reduce the fever. If the thermometer shows a fever of 3 degrees or higher, the patient should be sponged once or twice in every 24 or 48 hours, according to the height of the fever. I think the best way to sponge a patient is to mix equal parts of water, vinegar and good whisky together, and wet a sponge or a rag in it. Then wash the neck and face first, then the arms and hands, next the body, next the lower limbs. You should take from 20 to 30 minutes in sponging. If the smell of the whisky or vinegar is offensive to the patient, take a cloth and place it under the chin, and have some one to hold up the other edges, so as to keep the patient from smelling it, till you are done sponging. Then you can draw the edge of the cover up and place it under the chin after sponging. You may rub castor oil all over the patient, it will assist in keeping the skin in a moist and soft condition, and it is perfectly harmless, but it is not necessary to rub on the oil oftener than once in every 3 or 4 days. I have used the sponging and the oil as above directed in many cases, and the patients would call for it to be repeated and say it made them feel much better. Now in regard to the preparation for sponging, you can use the above which I think is best, or use the water alone, or equal parts of water and whisky, or equal parts of vinegar and water, or if you wish you can warm either of the preparations just enough to tell that it is warm.

Cool lemonade when liked or desired by the patient, should be given occasionally as a drink.

The stronger acids are recommended by many good physicians, such as the diluted hydrochloric acid, the phosphoric acid, and the diluted sulphuric acid. I think

they might do very well in some cases, but I have not found many patients that like to take either of them, and I have almost abandoned their use in all protracted cases of any kind, and find that my patients have done well without them, and especially in typhoid and typhomalarial fevers.

If the head aches, or the patient is restless, cut the hair close, and wring cloths folded several double out of the coldest water you can get, and apply and re-wet and apply as often as they begin to get a little warm, and keep it up till the head gets easy, or till it is cooled down, and repeat again when it is necessary. The cutting off the hair need not be objected to, for it would all come out any how, and the removal of it gives the patient a much better chance to get well. If the patient is restless and unmanageable, or wants to get up or out of bed, be sure to give him morphine or opium sufficient to keep him quiet.

If there should be a bleeding of the nose, get the patient to snuff finely powdered alum and tannic acid mixed, twice as much of the tannic acid as there is of the alum, and also to take 20 drops of the fluid extract of ergot every half hour in a little water, till he takes 3 doses, and at the same time elevate the head, and apply to it and the back of the neck cloths wrung out of cold water. If that does not stop it, send for a doctor at once, that he may plug the nostrils.

Keep every thing about the room neat and clean, and remove every evacuation of the bowels at least 20 or 30 yards from the house, as soon as they are passed off. When you find the patient begins to mend, then be careful not to feed too much, but be sure to increase the diet daily. Begin to check up giving as much whisky, wine or brandy, for there are very little stimulants of that character then needed if the patient eats enough.

Now typhus fever is treated in the same way: that is you treat each symptom that comes up as directed, and with the same drugs. But in typhus there is not apt to be any trouble with the bowels, such as an accumulation of flatus [gas], tympanetus [puffing of the abdomen], or too frequent discharges, or a bleeding of the nose; therefore you will not have in cases of typhus fever, any use for that part of the treatment. When convalescence [improvement] begins, and the bowels are rather bound, do not use any purgative, but if it is necessary for the bowels to be moved, use injections. If the appetite is good, the patient will eat enough to soon build him up, and therefore will need no tonics. But if the fever has left, and the patient fails to have an appetite, and remains weak and feeble, he will then need tonics. The aromatic sulphuric acid given morning, noon and night in 10 or 12 drop doses, in one fourth of a glass of water would be a good tonic. Or a bitters made by putting a handful of dogwood bark, and as much yellow poplar bark in one pint of whisky, and given 3 or 4 drams a day would be good.

The above preparations are good appetizers and strengthening preparations to give after any fevers, provided the patients fail to have a good appetite and need a building up treatment. Brown's Iron Bitters is also good.

BRONCHITIS.

Acute bronchitis is an inflammation of the inside coating of the bronchial tubes. They lie just behind the breast bone (which is called the sternum). See page 40.

SYMPTOMS.—There is a feeling of tightness in the chest with more or less soreness, pain and soreness being more or less distinctly felt during the acts of coughing. The pain is not keen, nor lancinating, but rather on the

dull order. The patient has chilly sensations occasionally which are followed by flashes of heat. There is scarcely ever a loss of appetite, and only a slight fever. The pulse is but very little faster than before the attack. The cough is as a general rule slight and dry in the beginning. The patient is apt to say he has a cold which has settled in his head and chest, and almost invariably wants something to loosen the cough. He expectorates but very little at first, and this is frothy and sometimes streaked with blood. But in the course of 2, 3 or 4 days the cough becomes more loose, and what is then coughed up is thick and of a yellowish or greenish color, and does not cause pain in coughing it up. Then if the patient will take special care of himself for a few days, he is apt to be well.

The opinion of medical men is that bronchitis is brought on by exposure to cold, in many ways.

TREATMENT.—At the very first instant, as soon as you discover the first symptoms, sit with your back to the fire as close as you can bear it, and at the same time bathe your feet and legs in water as hot as you can bear, having also a blanket doubled and roped around your body, and while bathing and baking your back to the fire, drink a cupful or two of strong ginger, horsemint, pennyroyal, or hoarhound tea, and keep up the bathing of the feet and baking the back to the fire till you take a good sweat; then go to bed and cover up good and warm, take a dose of Dover's Powders, 10 or 12 grains, and you will cure nearly every case in 24 hours' time. But recollect that this must be done as soon as the first symptoms appear; but if you wait 8 or 10 hours you will then have to take another course. Now remember that the above is one of the best and safest and quickest remedies that I have ever found for what the people call a cold. But if from any cause you should fail to try the

above treatment in due time, then you may treat the case as follows:

Take a big dose of common salts or oil (provided, however, that you are not weakened and enfeebled by some previous trouble), go to bed, cover up and keep warm, and as soon as the salts act, take a dose of Dover's Powders, put a hot rock to your feet and a large mush poultice with mustard sprinkled over it to your chest and drink freely of a strong ginger tea and take a sweat. Keep the room of a pleasant, warm temperature and avoid any cool or cold drafts of air from striking you, or entering the room so as to cool it off too suddenly. The diet should be of a light quality for a few days. The poultice should be repeated as often as necessary, but when the poultice is removed at any time put a sheet of quilt wadding to the chest. You should not breathe real cold air at any time till you get well. You can avoid that by holding a handkerchief over your mouth and breathing through it. Now the object is to allow no sudden changes from heat to cold.

In addition to the above use the following mixture, but do not use it while you are under the influence of the Dover's Powders:

Take 2 gr. of morphine, 56 gr. of hydrate of chloral, put it in a half-pint bottle and add 4 tablespoonfuls of water, shake it till it dissolves, then fill the bottle half full of good whisky, pour in syrup or molasses till it is nearly full, shake it up thoroughly till it is well mixed, and take a teaspoonful at a dose more or less as necessary to obtain rest or to prevent the cough from being troublesome.

If you will follow the directions here laid down you will not have to send for a physician, or to pay for a prescription one time in fifty. But if by any cause you

should fail to get along well you should send for a doctor.

In treating little children for the above trouble I give a dose of castor oil in the beginning and use poultices to the chest made with wheat bran and hops mixed. Have them put in two flat sacks and applied regularly for 36 hours, then take off for 5 or 6 hours and apply again for 12 or 18 hours, and so on as long as necessary, but have flannel or quilt wadding applied to the chest while the poultice is left off, and if the child should threaten to be choked with phlegm and can't get it up by coughing. I then give half a teaspoonful of Cox's Hive Syrup or syrup of squills more or less every 20 minutes till it vomits. But I give no more unless I have to cause it to throw up the phlegm. I also give children chlorate of potash every 6 hours from the beginning. I put of the chlorate of potash one level teaspoonful in half pint of water, and then give a teaspoonful, more or less, according to age. (It is harmless). I have often used it with grown people also and would advise you to do so too, if the patient be very poorly. If little children fret and complain much and are restless, give them paregoric in 5, 10, or 20 drop doses according to age in a little sweetened water, but do not give it only when they are fretful and restless. Give them a small dose of quinine every 5 or 6 hours to keep them strengthened, and if they become much weakened give them a little sweetened toddy occasionally. For directions how to give it see pages 25 and 26.

Now bronchitis is divided into several different kinds or names, but all except chronic bronchitis are treated pretty much the same way, so much so that you will be justified in following the above rules, and if from any cause the patient should not improve then send for a doctor, but I think if you will be careful you will seldom have any occasion to do so.

If the cough should become too tight, stop giving the hydrate of chloral and morphine mixture till you get it loosened by taking the following mixture :

Take half pint vinegar, half pint water, 5 tablespoonsful of fresh butter and two of table salt, mix well and sweeten (you may warm it to melt the butter) and give a tablespoonful at a dose, and repeat every half hour till the cough is loosened.

TONSILITIS, OFTEN CALLED QUINSY.

Tonsilitis is an inflammation of the tonsils which are situated one on either side of the back part of the mouth near the root of the tongue, but can be seen when the mouth is opened wide and the tongue pressed down. When they are in a healthy state you may see them so as to know them, but if they are inflamed and swollen they are then quite easily discerned for they are swollen and bulge out, sometimes on one and often on both sides and look red and angry with inflammation. To assist you in making the discovery first examine the tonsils of a well person, then you can see the difference. In the one who is well all the back part of the mouth will look of a healthy and natural color; and in the one that has tonsilitis all the back part of the mouth will look reddish, angry and inflamed. If you do not see that the tonsil is swollen on one or both sides, it is not tonsilitis; but if the mouth looks red, angry and inflamed in the back part of the mouth, and the tonsils are not swollen, then it is called fauceitis. [The back part of the mouth is called the fauces]. Now sometimes when the patient has repeated attacks of tonsilitis the tonsils remain large and swollen all the time, while the inflammation will pass nearly or quite away for awhile leaving the appearance of the back part of the mouth all right except the

tonsils which remain swollen. Then we call it chronic tonsillitis.

SYMPTOMS.—In the first place the patient will find it to be a little painful to swallow, the pain being more severe as the inflammation grows worse; a fever comes on from the beginning causing the head to ache more or less in proportion to the severity of the trouble. In bad cases the patient can scarcely swallow anything except a fluid diet. If you will feel under the angle of the lower jaw next the throat, you will discover a small tumor on one or both sides; then examine the back part of the mouth and you can see the tumors. Now this is not a dangerous disease but sometimes very distressing painful; they often break, and when they do they the corruption [called pus] runs out, which gives instant relief.

Children are the ones who are mostly bothered with it. The older they get after they arrive at the age of 10 or 12 the less liable they are to an attack, and after the age of 45 or 50 almost entirely exempt from the trouble.

TREATMENT.—When you find your children are subject to having it be careful to avoid their taking cold or to their being exposed to cool, damp weather.

As soon as you find that it is tonsillitis give a dose of calomel, and if it does not act well in 8 hours, give a dose of salts to work it off. Give the calomel if the patient is not weakened down at the time by other troubles, but if you think he is too weak and feeble to bear the calomel, then give the common or the Crab Orchard salts. Feed on a light diet, and poultice the place on the outside as soon as you find out the trouble, with warm flax seed or wheat bran poultices, repeating them often enough to keep them warm for 36 hours, and when they are taken off, then put a piece of flannel around the neck, or instead of poultice, you may rub croton oil over the

tumors on the outside, rub it on with a feather or your finger every 6 hours till you see the little pimples begin to come, then quit putting on and let it dry up of itself. Do not get it about your eyes, nose, or mouth. Some use the tincture of iodine every 6 hours till the flesh gets tender, but I like the croton oil better. Make a weak solution of sugar of lead, by putting a teaspoonful, more or less, of the sugar of lead in a pint of rain water, (never use limestone water), and have the patient to gargle some of it in the throat every 2 or 3 hours. Or use a gargle by putting chlorate of potash in warm water as long as it will dissolve, and gargle it every 2 or 3 hours, and swallow a little of the mixture every 4 or 5 hours. But do not swallow any of the sugar of lead mixture, but if you should swallow a little once or twice, or even three times during the day, you need not be uneasy, for it would not hurt you, unless you were to keep swallowing it every 3 or 4 hours a day. Now if you will follow the directions here given you need never send for a doctor in such cases. I should have stated, if the throat gets very dry, and there is much difficulty in breathing, manage to get the patient to inhale [draw in] the steam from hot water, to which you can add if you wish, pennyroyal, horsemint, catnip or hoarhound, either of which added to the water, would make the steam more soothing. If the case becomes chronic, unless it is very bothersome [which it hardly ever is], just let it alone, for it is very seldom anyways troublesome. But there are now and then, though very seldom, cases with children that become chronic, and the tonsils have to be cut out. Never have that done unless it becomes absolutely necessary. Now tonsilitis is a common trouble in all sections of the country, and children never stop going where they please while they have it.

FAUCIITIS.

Fauciitis is an inflammation of all of the back part of the mouth but the tonsils are not swollen, as in tonsilitis. It is generally called sore throat. By examining the throat you can very easily tell the trouble. In treating it you can use the same treatment as given in tonsilitis. But as it is nearly always quite easily managed, a gargle of the chlorate of potash, or the sugar of lead, or one made with vinegar weakened with water, and add salt and cayenne pepper, as directed in the treatment of scarlet fever, (see page 56 for instructions), will nearly always affect a cure. Many, very many, cases get well without any medicine whatever.

PHARYNGITIS.

Pharyngitis is an inflammation of the top end of the swallow (called the esophagus). It is quite easily known by the patient complaining of a dryness in the top part of the swallow, and soreness there, and also a pain created there on attempting to swallow. It is so low down that you cannot discover the soreness without the aid of instruments. Neither is it necessary, for it almost always passes off in a few days without any treatment. But it is always the best plan for any one to take good care of himself until it passes off.

If it should be a pretty severe attack treat the case by taking calomel or salts, as directed in tonsilitis, (see page 76) use poultices, croton oil or the tincture of iodine over the sore places on the outside, and dissolve chlorate of potash in warm water as long as it will dissolve and swallow one-fourth of a teaspoonful every 2 hours. If there is much dryness in the throat swallow a little glycerine with 3 or four drops of paregoric mixed with it every 1, 2 or 3 hours. Bathing the feet well in

warm water two or three times a day is a great helper also. In any of those inflammations about the throat use the preparation of vinegar, salt and pepper as given on page 60 for scarlet fever if you wish. You can also use the steam in any of them. (See page 77 for instructions).

You can also use a gargle of sulphate of zinc in any of those inflammations of the throat made by putting a teaspoonful of the sulphate of zinc in a pint of water.

UVULITIS.

The uvula is a little soft, fleshy substance hanging down in the back part of the mouth, which you can very readily see by examining the inside of the mouth. It very often becomes swollen, inflamed and lengthened, so much so that the lower end of it rests on the back part of the tongue which causes a tickling sensation and produces a cough which is often very troublesome.

TREATMENT.—Take three or four nut galls, mash them up moderately fine, put them in a pint of hot water, and set it on a little fire so as to let it simmer for 2 or 3 hours while covered, then gargle with the tea every 2 or 3 hours. Or you can put 4 tablespoonsful of tannic acid and one tablespoonful of alum in a pint of warm water and use it as a gargle in the same way.

CROUP.

SYMPTOMS.—The child first appears as though it had a slight cold. It appears also sleepy or drowsy, has a cough also and complains sometimes of the throat being tight.

Next the cough begins to change; it has a peculiar, ringing sound, or rather resembling the barking of a small dog. It is hard to describe, but nearly every grown person will know it when once they hear it, for the

reason that it is different from any other cough. The patient next has more trouble in drawing in a full breath. These symptoms are apt to come up after the child has taken a nap, and especially of a night. They often appear better for a short time and then get worse again. Finally you can see the fever is higher, the pulse faster, the cough more troublesome and the breathing more difficult.

The child may again rest better for a little while, and then the above symptoms come on again more severe than ever. Next the child will break out in a sweat and the veins are distended with blood. The voice is hoarse at this stage and the child speaks rather in a whisper if it speaks at all, which it is not apt to do unless it is spoken to or asks for something. The child is thirsty and the edges and end of the tongue are red. The child is restless, has a dull expression of countenance and throws its head back.

TREATMENT.—As soon as you are even of the opinion it is croup, take the child in your lap, warm a blanket and wrap it around its head and body and wet a cloth with equal quantities of tincture of camphor and lamp oil and put it to the throat; tie it there with another strip; use flannel. Then bathe child's feet and legs up to its knees for half an hour in warm water; sit before a fire with it and keep it warm till you get it into a good sweat, and also at the same time give it a full dose of Cox's Hive Syrup, put it to bed and keep it warm; sit by it and watch it to see that it does not get the cover off and take cold. If the child does not get better in an hour, give it Cox's Hive Syrup in full doses every 15 minutes till it takes a free vomit; do not encourage it to eat for several hours; manage to get steam from boiling water in the room and keep it up till the child is better. If there is yet no improvement give the child a full dose

of calomel, and in an hour afterwards, give it another vomit with Cox's Hive Syrup. Keep the child warm and keep up the steam in the room.

Now many cases of croup have been checked up in this way, if treated in the beginning, when if they had been neglected for 8 or 10 hours, by not knowing what to do, or failing to get a physician from some cause for that length of time, which is often the case, the patient would be so bad that there would then be but little hope of recovery. Therefore, be up and doing from the beginning. And if you do not see an improvement in 5 or 6 hours, send for a physician, but keep up the treatment here given till he comes. But if from any reason you cannot get a physician, then tie a cord around the arm above the elbow, and bleed the patient in the big vein of the arm, take about one gill of blood from a child 18 months old, provided the child has been or was enjoying pretty good health up to the time of the attack, or, if it has not been so well nor so stout, then take less blood. If the child is 3, 4, 6, or 8 years old, take $1\frac{1}{2}$, 2, or $2\frac{1}{2}$ gills and so on, according to age and strength in each case. Do not be afraid to bleed in such cases, but cut a gash large enough to let the blood run in a full stream. It will soon heal up. Also, in addition to the bleeding, if you yet fail to get a doctor, then give the child a dose of Cox's Hive Syrup, so as to cause it to vomit every 35 minutes. Give it in large doses—for a child a year old, give 15 drops; 2 years old, 25 drops; 3 years old, half teaspoonful; 4 or 5 years old a teaspoonful, or the dose must be increased so as to get a free vomit every 35 or 40 minutes, till the danger is over. Tartar emetic is as good if not better to use in bad cases of croup, than Cox's Hive Syrup. If you prefer to use the tartar emetic, leave off Cox's Hive Syrup and give the tartar emetic, in one-eighth or one-half grain doses, in proportion to age

and its effect upon the patient. It should be given in 3, 4, 5, or 6 teaspoonsful of water or more, according to size of dose, and stirred in the water a little before giving. A child 18 months old should take one-tenth of a grain, 3 years old one-fifth grain, from 4 to 10 or 12, one half grain more or less according to age. The tartar emetic should be given every 15 minutes till it vomits. Then after the child vomits, wait 35 minutes and give another dose large enough to vomit, and continue still to give tartar emetic every 35 or 40 minutes in a sufficient quantity to vomit. Remember it will do no good unless it vomits. Give it in plenty of water. But when you find the cough, the wheezing and breathing are a great deal better, I mean that neither coughing, wheezing nor breathing is troublesome, you may then check up the medicine. But watch closely for a few hours, and if you discover that there are any bad symptoms coming up, then give the tartar emetic or Cox's Hive Syrup as before.

Now this appears a very rough treatment. So is the croup a rough and dangerous trouble. And if you do any permanent good you have to do it in a short time.

For full instructions how to get at the size of doses, see page 5. 6 or 7, or the dictionary in the back of this book. Another excellent treatment is to give alum in molasses, in sufficient quantities to vomit. Dose for a child 2 years old one teaspoonful. It should be repeated every 35 or 40 minutes, in doses sufficient to cause the child to vomit freely, until the danger is over. When you make a choice of one of the preparations do not use the other at the same time.

SCROFULOUS SORE EYES.

Scrofulous sore eyes can nearly always be distinguished from others, by the lids of the eyes getting sore first, and the soreness coming on gradually. Next, the eye-ball

begins to be inflamed if the lids are not cured up soon, and if the inflammation of the eyes is removed by an eye water or an eye salve, it will sooner or later come on again. And you find upon inquiry that some one or more of the blood relatives of the patient, either father, mother, brother or sister, uncle or aunt, have had some scrofulous trouble in time, such as white-swellings, or abscesses about the face, neck or jaws, or the hipjoint, or while young were bothered with a soreness of the head [scalp], or ears, which troubles denote a scrofulous taint of the system of the families in which they occur. Then we say the system of the patient is of a scrofulous diathesis.

TO CURE SCROFULOUS SORE-EYES OF A MILD CHARACTER.—Take distilled water, or rain, or snow water (never use limestone water under any circumstances to make an eye-water. I mean water that runs over or out of a place where there are limestone rocks), and add to it the sulphate of zinc, till it will just smart a little when you drop a little in the eye, then wet the lids and also drop a little in the eyes morning, noon and night, but wash the eyes in warm water each time before using, and after using do not let the light shine in your eyes till they quit smarting. Use a white linen or cotton handkerchief to wipe your eyes. Never use a colored or silk handkerchief about sore eyes at any time. It is not possible to give a regular rule to make eye-water, only make it to suit each case, by making it weaker or stronger to suit the case on hand; but if the eyes are powerfully inflamed make it weak in the start, and as the eyes improve make it stronger.

A splendid eye-salve is made by putting 2 or 3 grs. of calomel in a tablespoonful of simple cerate, mix it up well and rub a little on the eyelids and in the corners of the

eyes. If you cannot get the simple cerate, you can use fresh lard or fresh unsalted butter.

Another good eye water is made by cooking an egg till the yellow is done; then cut the egg open and take out the yellow and put 1 or 2 grs. of sulphate of zinc in the white of an egg, then wrap it up in a stout cotton cloth while it is yet warm and press it slowly and gently at first, so as to give the sulphate of zinc time to dissolve, then press the water out and you will have a splendid eye water. Either one of the above preparations will be apt to cure mild cases and will sometimes cure bad cases of inflamed sore eyes. But if the case is one of long standing and can not be removed with the above preparations alone, then put the patient on a light diet, allow no meat or grease, use one of the eye waters through the day and every other night, blow just a little calomel in the eyes, and put 200 grs. of iodide of potash in a half pint of water, and give a teaspoonful in two or three swallows of water morning, noon and night (the dose may be increased or diminished to suit each case). If it acts too freely on the bowels lessen or skip a dose occasionally. If it fails to loosen the bowels give a dose of salts. The patient should not expose the eyes to a bright light, loose any sleep, nor stay in a smoky room, nor go in the wind or dust. To get rest at night or to ease pain, take a dose of morphine when necessary.

INFLAMED CATCHING SORE EYES.

There is another inflammation of the eyes that is catching. If you wash in the same vessel that they do, or wipe with the same towel or handkerchief or get any matter or water from their eyes to yours, you will be almost sure to take them. You can nearly always tell this kind of sore eyes by the patient's complaining at the outset of a hurting as if something was in the eye, and

then several or all of the same family will be apt to have sore eyes, while such is not apt to be the case in other cases of sore eyes.

TREATMENT.—As soon as you find out the eyes are getting sore, give a good dose of salts, and repeat if necessary to get a free action; also give one or two doses daily, so as to keep the bowels loose but not running off; allow no meat or grease to be eaten; use the iodide of potassium as directed on page 91 as soon as you discover it is sore eyes; wet soft linen or cotton cloths in a weak solution of sugar of lead and apply them over the eyes as hot as they can be borne; rewet and apply them to the eyes as often as they begin to cool; keep them applied regularly for 24 or 36 hours; also draw a blister on each temple and back of the neck, each an inch square. When they are opened or running do not get any of the water from them into your eyes. When you quit using the cloths wet in the sugar of lead, then use either of the eye waters given on page 91. Do not suffer the eyes to be exposed to a bright light or to wind or dust. Give a dose of morphine when necessary to give ease or sleep. The head should be raised as high as to be pleasant to the patient when lying down. If you wish you can use the elixir, iodide, bromide, calcium compound instead of the iodide of potassium, as directed on page 91. It is a good blood purifier.

DIPHTHERIA.

Diphtheria is a very dangerous disease, nearly always attacking little children but sometimes also grown people are attacked by it. It nearly always spreads over a large scope of country, travels very slowly, and thereby you have, in the great majority of cases, warning to be on your guard when it is anyways close to you.

SYMPTOMS.—The patient first becomes a little fever-

ish, dull, stupid, loses his appetite in part; the back part of the mouth and throat becomes red, angry and inflamed; in many cases the false membrane begins to form on the tonsils and uvula (see page 79 for description of the uvula). If these symptoms come up, or even a part of them, send for a good, safe and trusty physician. If from any cause you can not get a physician, be sure to give the patient a dose of muriated tincture of iron every three hours day and night all the time, and give a dose of quinine every 2 hours till you give 4 doses, then give a dose every 5 or 6 hours day and night all the time. At the same time put chlorate of potash in warm, weak vinegar as long as it will dissolve and then let the patient gargle a little of it as low down in his throat as he can every 3 hours day and night, and after gargling and spurting it out then take a fourth, a half, or a teaspoonful, according to age and swallow it each time after gargling.

Also put a common sized teaspoonful of tincture of iodine in 5 teaspoonsful of water, mix it well together, dip a soft little mop in it and wet the back part of the throat, the tonsils and uvula with it an hour after each gargling of the vinegar and potash. Powdered sulphur applied to the tonsils and uvula and back of the mouth is also a good remedy. If the patient should linger and grow weak be sure to give nourishments and stimulants.

WHOOPING COUGH.

Hooping cough is so well known that I do not deem it necessary for me to give a history of it; I shall therefore only give the treatment.

As soon as you find that a child is taking the hooping cough be careful to avoid its taking cold at any time during the time the hooping cough lasts. The child should not get wet or be exposed to sudden changes of

weather or suffer the feet to get wet or cold. I do not think it would hurt a great many children to go out when the weather is pleasant, if they were well clothed and had also previously been accustomed to being out of doors. While others who are very young or weak and feeble, or who have been accustomed to being housed up the most of their lives, with whom you should be still more guarded and careful.

If the cough becomes very troublesome, sweeten a glass of water and drop nitric acid in it (stirring well at the same time) till it tastes like lemonade, then let the child take 2 or 3 swallows of it every 3 or 4 hours; or give it powdered alum (in syrup or molasses) a grain for every year old, and repeat every 5 or 6 hours as necessary. But if the cough be tight and dry and the child has fever, give it a little salt occasionally instead of the alum. If the child is very restless of nights give it a dose of paregoric in a little sweetened water and repeat of nights afterwards if necessary. If there is much wheezing and tightness in the chest give a big dose of Cox's Hive Syrup and repeat it every 20 minutes till the child vomits.

You can also make another good cough mixture by putting 90 grs. of hydrate of chloral, 2 grs. of morphine, and 2 tablespoonsful of water in a half-pint bottle, shake it up till it dissolves, put in 4 tablespoonsful of Cox's Hive Syrup, then put in molasses till the bottle is half full, and fill it up with good whisky; shake it up well together, and give half teaspoonful either alone or in a swallow of water to a child 8 years old. Repeat every 4, 5 or 6 hours as necessary. Increase or diminish the dose according to age. When the child is doing well you need not give it any medicine, but if it gets worse, then give the medicine again, or if you discover that these medicines do not appear to answer well, then send

for a doctor. I have used the above remedies in whooping-cough for many years, and have never lost a case.

COLD.

As soon as you find you are taking cold, go immediately and sit with your back to the fire, and at the same time bathe your feet and legs in water as hot as you can bear it. Remain in that position until you get into a good sweat. While baking your back and bathing the feet, drink a cup of hot ginger tea, then wrap a woolen blanket around you, go to bed, cover up warm, take a dose of Dover's Powders, go to sleep, and nineteen times out of twenty you will be rid of your cold. Upon the other hand if you let a cold get seated in the system, you will have to wear it out, yet even then you can take a little oil occasionally as necessary to move the bowels, and take 3 or 4 doses of quinine every 24 hours. Bathe your feet in warm water at bed-time, drink a cup of hot pennyroyal or horsemint tea on going to bed each night, also take a dose of Dover's Powders, and put a hot rock to your feet, all of which would be of help to you.

COLIC.

In all cases of colic the first thing to do is to try and find out the cause, then remove the cause and the patient will be cured. But remember in all cases of colic it matters not from what cause it has originated, if the pain or pains and cramping is very severe, you should give an anodyne to relieve the suffering and if necessary repeat it every 35, 45 or 60 minutes until the patient gets ease. When I say anodyne, I mean any medicine that will give ease in pain, such as opium, morphine, laudanum, etc. But if these are not retained by the stomach, or fail to give ease, then send for a doctor that he may use a hypodermic syringe.

If the patient has eaten too much and the stomach is crowded too full, give a vomit the first thing. Give a small-sized teaspoonful of ipecac in a cup of warm water and repeat every 20 minutes till it vomits. Ground mustard or table-salt given in a cup of warm water will also cause the patient to vomit. Dose, a teaspoonful.

If the pain is in the abdomen [belly] and you have good reason to believe that it is too full and crowded, by the patient having eaten too much, then give salts, and repeat every 3 hours till the bowels are moved, and if the case is urgent you should use an injection of warm soap-suds even while using the salts.

If there is too much gas collected in the stomach and bowels, which you can know to be the case by the patient's belching occasionally, if the gas escapes in any way it gives some relief to the pain. Also if you will strike the abdomen with the ends of the fingers it will sound hollow. In such cases take an ounce of columbo root, an ounce of race ginger, 120 grs. senna leaves, put all together in a vessel after beating the ginger and columbo root moderately fine, pour a quart of boiling water over it, let it sit on a few coals or embers for an hour while covered to draw well. Then remove and strain, and add to it 1 tablespoonful of peppermint drops. Shake it up so as to mix thoroughly. Dose, 4 table-spoonful, to be taken half an hour before breakfast, dinner and supper. Now remember this is for the last-named colic, called flatulent colic. And the columbo root is not our columbo that grows here. You will have to buy it at the drug store. If the colic is caused by an accumulation of wind or gas in the bowels do not fail to try this.

Now remember, as I said before, it does not make any difference what kind of colic it is. If there is much suffering give opium, laudanum, paregoric, hydrate of

chloral or chloroform, given in 40-drop doses, well stirred in one-fourth glass of water and repeated every half-hour if necessary, is one of our best remedies to give ease to pain. But whichever of the above preparations agrees with the patient the best is the one to use.

Also dry applications, either dry, moist or wet, should be applied over the seat of pain, and renewed and kept hot till ease is obtained in any kind of colic.

If you have any suspicion that the patient has worms, give worm medicine also. It will not interfere with the other medicine.

If there is any cramping, wash, rub and bathe well the feet, legs and arms in warm water, made strong with ground mustard and red pepper, or tincture of capsicum. Remember all doses, unless otherwise mentioned, are for grown people, and should be lessened according to age.

BURNS OR SCALDS.

If the burn is on the finger and only a slight burn, stick it in your mouth and hold it there 15 minutes, keeping your mouth shut so as to exclude the air. If it is where you cannot get your mouth to it, mix flour and molasses, or soda and molasses together and apply it so as to exclude the air. If it is a child, and burnt tolerably bad, give it a dose of paregoric, so as to give it ease and cause it to sleep. Use cold water on the burn till it goes to sleep, and then apply the molasses and soda. There are many other applications that would be good, but the main point is to exclude the air for a while at least, therefore anything that will exclude the air will be beneficial. When the burn ceases to be painful, then put one teaspoonful of creosote and one teaspoonful of paregoric in 15 teaspoonsful of mutton tallow, melted. Shake it up so as to mix well, then spread a little over a soft rag and lay it over the burn, and apply a fresh rag

greased with the preparation once or twice a day as necessary. Oil or lard will do instead of the tallow. If it is a severe burn, you should of course send for a doctor.

MUMPS.

Mumps are so common that nearly every grown person can tell them by the swelling of the parotid glands, just below and in front of the ears, and also by taking in the mouth anything sweet or sour, or biting hard to create pain. Patients with mumps should avoid worry or fatigue, also avoid exposure to cold or damp or wet weather, neither should they lift or ride on horseback. If there should be much pain; wet a flannel cloth in equal parts of tincture of opium [laudanum], and tincture of camphor, and place it over the seat of pain, also fold a piece of flannel or quilt batting and put it over the cloth and bind it there, re-wet the cloth in the laudanum and camphor, and apply as often as necessary.

If there should be an amostosis [change] to the breasts or privates, apply warm wheat bran or flaxseed poultices to the parts, first smearing over them the above mixture of laudanum and camphor. Apply the poultices every 20 or 30 minutes, so as to keep the parts warm. If you will follow the above advice, you need never call in a physician for mumps. If you use flaxseed poultices, the seed should be ground as you would coffee.

STINGS.

For the sting of wasps, bees or insects of any kind, take a stick or broom straw and wet it in aqua-ammonia and touch it to the place as quick as you can, the quicker the better. Wet the place well, and it will quit hurting in less than five minutes. Also if you beat up a piece of onion and mix a little salt with it and apply to the wound it will give relief. You should always extract the sting if it be left in.

WEAK BACK OR PAIN IN THE BACK.

Take half pint tincture of camphor, half pint alcohol, two ounces aqua-ammonia and one common sized beef's gall, mix all together and apply 3 or 4 times a day, bathe it in with a hot iron. Avoid hard lifting at all times.

Another good remedy is to wet a flannel cloth in liniment No. 5 or 6 on page —, and apply to the back, and if the pain is very severe, take a dose of morphine or some other anodyne occasionally, or if you prefer, you can rub a little croton oil on the back every 6 or 8 hours till it begins to pimple. Or if you prefer you can draw a blister, with what is called the fly blister, about 2 inches by 4. The way to use it is to spread it on a cloth evenly about as thick as a thin case knife blade, then wet the place with apple vinegar and press the fly blister all over to make it stick. Let it stay till you can see little pimples or blisters begin to form, then take it off and apply a warm, moist poultice, and a blister will soon form. With a needle or the point of scissors open it and let all water out. Then grease a fine thin cloth with simple cerate, fresh lard, or cream, and lay on it.

Never fail to give a little turpentine, 8 or 10 drops, with a dose of castor oil, it will cleanse the stomach and bowels and prepare them to receive the benefit of the gum opium, which is one of our most powerful astringents [binding], and will give ease to pain, quiet the patient, and cause him to sleep. But on account of peculiarity of system, some persons cannot bear medicines that others can, so if you find a patient cannot bear gum opium, give laudanum, paregoric or Dover's Powders instead of the gum opium, and repeat in the same way. I have also found Prescription No. 3 to be a good one in such cases, especially for children. If the actions from the bowels should look a greenish color, or smell sour,

[The article on "Weak Back" ends with the sentence, "Then grease a fine thin cloth with simple cerate, fresh lard, or cream, and lay on it." The next paragraph, beginning at "Never fail" belongs to this article on "Dysentery," and follows the matter printed on this slip.]

DYSENTERY, ALSO CALLED FLUX.

When the bowels act too often, and the actions are of a slimy or mucuos character, it is called dysentery. If the actions are mostly mixed with blood, then it is called bloody flux. Now some cases are so mild that they scarcely require any other treatment than a regulation of diet with rest. Some cases are a little more severe and would require a dose of castor oil, which would check it up, while there may be other cases that would, after having the bowels moved by the oil, have to take 10 or 12 grs. of Dover's Powders every 5, 6 or 8 hours till the bowels were checked. There may be other cases still more severe and stubborn. In such cases give a dose of castor oil sufficient to cleanse the stomach and bowels, then give a dose of gum opium and repeat the opium every 4, 5, 6 or 8 hours, 4 or 5 hours if they act fast, every 6 or 8 hours if they act slowly, and make it still longer between doses as the actions are further apart. I have found castor oil and gum opium to be the surest remedy in my hands.

give half teaspoonful of magnesia, or one-fourth teaspoonful of soda every 3 or 4 hours, it will not interfere with the other medicine. If the actions are of a whitish color give a moderate dose of blue-mass and a dose of castor oil in 7 hours after to work it off if necessary. If upon trial of any one or more of the above remedies they should fail, you might use an injection of laudanum, 70 or 80 drops in 2 tablespoonsful of water with a little starch added, which should be retained each time when used, as long as possible. You should not use the injection of laudanum closer than 3 hours to the time of giving a dose of opium, laudanum, Dover's Powders or paregoric. The diet should be of as dry a character as possible, such as crackers, mush, crumbs of bread and a little milk, or something that would not excite the bowels or cause them to run off. As little fluid diet as possible should be used. The patient should keep as still as possible. If the above remedies should fail to have the desired effect, give from 2 to 3 grs. of ipecac more or less every 10 or 15 minutes as to make the patient a little sick at the stomach. As soon as he feels a little sick stop giving the ipecac, but give it again at any time if necessary afterwards. Do not stop giving the opium, or laudanum, or paregoric while giving the ipecac. If the kidneys fail to act give sweet spirits of nitre. (For directions see page 23). If it fails to cause the kidneys to act, send for a doctor that he may draw it off with a catheter.

THRUSH OR THRASH.

Thrush which is often called thrash, is a soreness which affects babies and little children. It is known by small white spots forming on the inside of the lips, and on the edges of the tongue, and on the gums, which, when rubbed off, often cause the place to bleed slightly.

If there is no bleeding when they are rubbed off, the flesh under them will look red and inflamed.

TREATMENT.—Put one teaspoonful powdered borax and one-half teaspoonful alum and one teaspoonful of tannic acid in three tablespoonsful of rain water and add two teaspoonfuls of glycerine. Warm and stir it well so as to dissolve and mix it well. Then wet the sores with it 3 or 4 times a day, using a soft rag or mop for the purpose, wash out the mouth once or twice a day with warm water using a soft rag, but never rub hard enough to rub off the little white specks. If the child is old enough to use powders you might use Prescription No. 9. If you will also dissolve a teaspoonful of Chlorate of potash in a gill of warm water and give 10 or 15 drops more or less according to age every 6 or 8 hours, inwardly it will be a helper. If the child is very weak or feeble, give it a small dose of quinine morning, noon and night in a teaspoonful of sweetened coffee or in the mucilage of elm.

EARACHE.

Earache is quite painful in many cases. Those who are old enough to talk can tell for themselves, but with babies you have to watch their actions to tell what is the trouble. They will cry out aloud at times for several hours and can not be pacified. If they drop off to sleep their nap lasts but a short time. They are apt to put their hand up to their ear occasionally. It will soon learn to rest the ear affected against the pillow or its mother's breast or arm, which causes it to rest better on account of the warmth produced to the ear by that position.

TREATMENT.—Apply warmth to the ear in any way that is most convenient, also drop a little warm sweet oil in the ear and give paregoric every hour till ease is

obtained. Dose for a child a year old, 15 drops ; increase or lessen the dose according to age ; give it in sweetened water.

If it should not be the earache there is no harm in the remedies recommended, provided you did not give too much of the paregoric. For it would be good to give if it was colic or neuralgia or even pain or misery from any other cause of any of the internal organs, therefore give it and quiet the babies.

REMEDY FOR ITCH.

Take the rolled or stick sulphur, beat it into a fine powder and put 6 tablespoonsful in half pint of lard. Use none but the stick or rolled sulphur, for it is pure, while other kinds may not be mixed well; Then wash off well with soap and warm water (at bed time), wipe dry, then grease all over with the ointment. Repeat the same way every night for 5 nights, washing off first, then wipe dry and use the ointment. It is best to wear the same clothes all the time while using the ointment, for the reason that the itch is caused by a little worm, and if you use the same clothes all the time the ointment that gets on the clothes acts upon the little worm all through the day, but if it is more pleasant to you you can change clothing, but if you do you might have to apply it longer. Be careful not to go out of nights or in bad weather or take cold while using it. If the smell of the sulphur is disagreeable, use cologne or oil of bergamot on your clothes while doctoring, or put a teaspoonful in the ointment; while making it stir it thoroughly. When you get through be sure to make an entire change of clothing and also of the bed clothing. I could give you many other remedies but this is the best, surest and safest of all when used as directed.

PROLAPSUS ANI.

Prolapsus ani is a dropping down of the lower bowel. It comes down when one goes to defecate (goes to stool or to empty the bowels) or strains hard from any cause. It mostly occurs with little children. The lower bowel comes down an inch or so and looks like it was turning inside out and is considerably inflamed.

TREATMENT—Get the child to get down on his knees and elbows, wash the bowel off well with cold water, then put castor oil on a thin, soft rag and put it over the protruded bowel and press it back gently, using your fingers and thumb so as to press evenly and all around at the same time, and make the pressure so as to force the bowels back. Then get the child to go to bed, lie on its back and put a pillow under its hips, so as to keep them a little elevated. Keep the child on the bed if you can for 1, 2, or 3 days. And in all such cases you should give salts or oil occasionally, so as to keep the bowels from being bound. And the child should let the bowels move while standing up for some time afterwards, and in case it would come down while standing, then a pressure should be made on each side of the bowels with two fingers every time the bowels acted, for a while at least.

Some cases are not so easily managed; so if you fail to get it back, then boil down white oak, red oak, or black jack bark to a strong ooze, strain and add a teaspoonful of alum to each half gallon, and bathe the part regularly day and night for 30 hours if necessary, so as to cause it to get smaller, that you can press it back. Then instead put 2 teaspoonsful of alum, 4 tablespoonsful of tannic acid in a half gallon of water and bathe the parts with it. The child should not be allowed to lift or strain himself any way for months or years afterwards. Such cases are

very seldom, if ever, dangerous. Therefore if you should meet with such a case, be patient, and follow the above directions, and all will be apt to come out right in a few days.

HICCUGH OR SINGULTUS, COMMONLY CALLED HICCUP.

Mild cases may be cured by eating sugar or molasses, or taking 9 swallows of water without drawing the breath while swallowing it. Or telling something very alarming to the patient, or if these fail, then sweeten vinegar and drink of it as strong as you can bear it. If this should fail, then give ipecac in 2 or 3 gr. doses in warm water, and repeat every 10 minutes till it sickens the stomach. Lessen the dose according to age.

WORMS OF THE BOWELS,

I will speak of only two kinds, the *ascaris lumbricoides*, or round worm which resembles the earth worm, and the seat worm, so called because they inhabit the lower bowel. They are a very small, short and whitish worm, and are very numerous.

SYMPOMS, of the first named round worm. The surest sign is the child passes one or two worms occasionally, complains of aches or pains in the stomach or bowels now and then. The bowels are occasionally too loose; has an excessive appetite at times, at other times has scarcely any appetite.

TREATMENT.—Give santonine in sugar or molasses an hour before breakfast dinner and supper, give till you have given 6 doses, or give it every 6 hours till you have given 6 doses, then 4 hours after you have given the last dose, give a full dose of castor oil with a drop of turpentine for every year old the child may be. Be sure to get the bowels moved well to carry off the worms. The rectum should be no greasy diet used while taking the medicine

If you are sure the child would bear calomel well, give it a dose of calomel instead of the oil. It is much better, though calomel makes some persons very sick till it is worked off. If you do give the calomel be sure to give castor oil to work it off if it does not work itself off in 8 hours. A dose of santonine for a child 2 years old is one grain, increase or diminish it according to age. It is as safe a remedy as you can use for worms, yet some persons do not bear it very well. If it should affect the vision very much by causing objects to look of a yellowish or greenish color, do not give so often. It nearly always causes the urine [water] to be yellow. Many grown persons are bothered with worms, 14 or 15 years ago I was called to see a man 60 years old. He was on his knees praying for life when I went in. I gave him santonine and calomel. He told me 4 or 5 days afterwards it brought a peck of worms from him: his wife said about a washpanful. He often had bad spells before, but has had none since. He is yet living. People of all ages are often bothered with worms.

White's Cream Vermifuge and McLean's Vermifuge are good, but I believe Ragland's Vermifuge is better. If a child should be taken very suddenly, and be very bad, it is a good plan to give it a dose of turpentine in a little sweetened water the first thing, and also to rub a mixture of turpentine and tinc. camphor along over the stomach and belly, but be careful not to use it too much. Four teaspoonsful of tincture of camphor to one teaspoonful of turpentine would make it about right.

SEAT WORMS—SYMPTOMS.—They cause an intolerable itching in and about the lower bowel, and especially just at the outlet, which is worse on going to bed and getting warm. A general uneasiness is caused by them in many cases, especially in the region of the lower bowel. But the surest test to find if they are there, is to tie a strong

thread around a piece of fat meat and push the meat up the lower bowel, and let it remain there 15 or 20 minutes, and if there is any worms there you can see some sticking to the meat when it is withdrawn.

TREATMENT.—Put one tablespoonful of aloes, powdered fine, in a pint of warm water, inject it up in the bowel, it should be retained as long as possible. Another injection of the same kind with 20 drops of turpentine added to it, should be used the 2d, 3d and 4th days, and on the morning of the 4th day give a dose of calomel with a dose of santonine added to the calomel, and if it does not move the bowels freely in 8 hours, use an injection of soapsuds, a pint and a half if necessary, so as to get a free action.

ASTHMA,

An attack is known by laborious efforts of breathing. The patient cannot afford to lie down nor to be shut up in a tight room, but wants all the fresh air he can get. The breathing is not increased in frequency. The drawing in of each breath is with a spasmodic effort, and when the breath is thrown out of the lungs it is slower than in health, and with a wheezing sound. It is worrisome for the patient to talk. The surface of the body is cool; the face is pale.

Asthma is produced from various causes. Some persons will have repeated attacks of asthma while staying in a certain locality, which may be entirely cured by removing to another section of country, or a different neighborhood, sometimes only a move of a few miles is sufficient; a move to a mountainous country is generally the best to affect a cure. The sleeping on feather beds will produce it in some persons, while sleeping on duck feathers will produce it in other individuals. Working in or staying around hay, or wheat, or oat straw will cause

some persons to have an attack of asthma. Some feather beds made either of geese or duck feathers may produce it if they should be old or musty, while others that were newer and well sunned might not; some hay or straw might cause an attack, while others might not. Persons who are bothered with asthma and also their friends should assist them, in noticing all these causes, and try and find out the cause, and then remove it, and a permanent cure will be affected. The inhalation [breathing in] of dust, especially while helping to thresh grain, will produce it in some people, while the inhalation of certain offensive odors will produce it in other individuals.

Asthma is not a dangerous disease of itself alone, yet very laborious and troublesome at times.

There are many remedies for asthma, some of which prove useful in some cases, and of no benefit in others. A warm cup of coffee alone, or a little whisky with black pepper added to it, will often give relief. The inhalation of tobacco smoke, or the smoking of tobacco in a pipe will give relief in some cases. The inhalation of two parts of chloroform to one of sulphuric ether, shaken up well together, and inhaled by the patient, will in many cases check the trouble in a few minutes, but it should never be entrusted to the hands of the patient. Some intelligent person should hold it to the patient's nostrils and let him breathe it freely for a few breaths, and remove it as soon as the patient shows any signs of becoming sleepy, or of being under its influence in any other way. But repeat it again if necessary. A dose of paregoric with a few drops of chloroform, or a few drops of sulphuric ether added, will sometimes give immediate relief. A dose of paregoric is from one to two teaspoonsful, a dose of sulphuric ether or chloroform is 20 to 40 drops. Either kind should be reduced according to age. Any medicine to nauseate [sicken] the stomach is good

in some cases, but it need not be given in a sufficient quantity to vomit. Another remedy is to dissolve equal parts of the bromide of ammonia and the bromide of potassium in just what water it will take to dissolve it. Dose, a common sized teaspoonful in a little water. Repeat the dose in 1 hour, then in 2 hours from the second dose, then in 3 hours from the third. If that does not check it, you need not give any more. But the remedy that has proved to be the surest and best in the largest number of cases that I have had to treat, is this: Take belladonna leaves, rub them up moderately fine, then fill a common sized glass tumbler with the leaves that are rubbed up, put one level tablespoonful of finely powdered nitrate of potash with the leaves, and mix them well together; have them all dry. Then put a tablespoonful of it in a dry teacup, put a live coal of fire on it, and as it burns inhale the smoke by opening your mouth and trying to draw all the smoke you can into the lungs. The best way to inhale it is to throw a cloth over the head and let it come down over the face and cup, holding so as to let the smoke come to the mouth, then draw your breath in as deep down as possible, and continue to do so until you begin to slobber and cough and sneeze or get relief, or at any rate give it a fair trial. But as soon as you get relief, or should you find that it was doing you no good, then quit inhaling it. But in conclusion I must say to those who are afflicted with asthma, be sure to give it a fair trial.

DROPSY.

Dropsy is so well known that nearly every grown person can tell what it is, especially in a very short time at least. Therefore I will not attempt to describe it further than to say that dropsy is an unhealthy, watery fluid that makes its way into the cavities [hollow space]

of the system and also often into the feet, legs, arms, hands and face, causing a swelling and puffing of the parts.

TREATMENT.—Take one glass tumblerful of Epsom Salts [common salts], the same amount of cream of tartar, and the same amount of well-browned egg shells beat and rubbed up fine, and four heaping teaspoonsful of jalap. Mix all well together, then take of it every 3 hours till you have free watery actions; then take it every 3, 4, 5 or 6 times a day as necessary, so as to have free watery actions from the bowels for 2 days. Then take a little slower for 2 or 3 days, just so as to keep the bowels in a little loose condition. Take it again so as to cause the bowels to throw off large watery actions 3 or 4 times a day for a day or two; then a little slower for 2 or 3 days, then faster for a day or so, changing back and forth as you can stand it. It is surprising to see how one can stand to have the bowels moved so freely with this medicine when they have dropsy: but it is because it is draining the unhealthy water from the system. When all the swelling disappears, then take 1, 2 or 3 doses a day for 3 or 4 weeks. Or instead of this, if you want to make a change you can put the roots of the silk weed in whisky and make it strong and take 3 or 4 big drams of that a day. It will act on the bowels also and if you use it too freely it would make you sick, yet there is no danger in it if taken in anything like the bounds of reason. A dose of the salts, cream of tartar and other ingredients when mixed, is a heaping teaspoonful, more or less, according to age. If the kidneys should fail to act freely enough at any time during the treatment take sweet spirits of nitre to make them act, and repeat if necessary. If there is a pale and swarthy color of the skin at any time during the treatment, then take 15 or 20 drops of muriated

tincture of iron more or less according to age, half an hour before each meal, and take it for weeks if necessary. During the treatment and for sometime after you get well, use as little water, tea, coffee, milk or soups as possible. It is best to use a little fluids of course, but use as small a quantity as possible. You might also take 2 or 3 grs. of quinine about the same time you take the iron drops if you wish, it would help to strengthen you. Many physicians prescribe electerium, gambage and other severe hydrogog cathartics, but I prefer the above treatment as it has proved to be the best in my hands.

KIDNEYS. NON-ACTION OF

If the kidneys should fail to act enough, that is, if you fail to pass as much water as would be necessary to good health or for you to feel well, take sweet spirits of nitre or nitrate of potash or a tea made of buchu leaves, and also take a warm hip bath if necessary. For size of dose see page 24. Repeat the dose every 2 hours till the kidneys act or till you take 6 or 8 doses. The kidneys should never go over 24 hours without acting, and not over 12 hours if it can be avoided. In many cases the bowels can fail to act for several days with perfect safety, but such is not the case with the kidneys.

KIDNEYS. TOO FREE ACTION OF.

When the kidneys act too freely you should make use of as dry a diet as possible. Also take 20 drops of the tincture of belladonna morning, noon and night for a few days only, then stop taking a few days, then take again a few days, but do not use belladonna many days at a time together. If the above does not answer consult a physician. The dose should be diminished to suit age. You need not be alarmed, such cases are not urgent, so

take your most convenient time to get advice. There are many preparations that are highly recommended for such troubles, but as they are not suitable or safe medicines for any but physicians to handle or direct to use, I advise you to go to the doctor.

CHAFING.

Wash off the part well, let it dry, then dust the part with subnitrate of bismuth. Or mix a little calomel and fresh, unsalted butter or fresh lard and grease the parts. The parts should be washed and treated as above directed morning and night till a cure is effected. Half teaspoonful of calomel to two tablespoonsful of lard or butter. Keep the parts dry and clean.

NEURALGIA.

When the pain of neuralgia comes on every morning, and is in the forehead or about or near the eye, it is known as sun pain. To cure it, take quinine in 6 or 7 gr. doses every 2 hours till it produces a ringing or roaring in the ears. Repeat with the quinine every day till a cure is effected. If the pain be very severe you can take a dose of morphine, opium or paregoric at any time to get ease. It is a good plan also to put a mustard plaster over the seat of pain. Remember this, that when any pain or misery comes on at regular periods every day, or every second or third or fourth day, it is then considered of a malarial character, and any remedy that is good to cure chills and fever is good for such pains and miseries. (Remember chills and fever is called intermittent fever).

Now there are other neuralgia pains that come on at any time, there is no regular time for their appearance. Then quinine in such cases is of no use. I have often met with cases where pain appeared to be located behind

the eye. The eye ball also becomes inflamed and painful, but the pain comes on at any time, day or night, and is painful nearly all the time. In such cases use opium, laudanum or morphine or hydrate of chloral to get ease, and if the patient is lean, pale or swarthy, use muriated tincture of iron in 20 or 25 drop doses morning, noon and night, half an hour before meals, and at the same time take 2 grs. of Quinine, either mixed with the iron drops or separately as you choose. But the best remedy I have ever tried is good whisky or brandy. The patient should take a good, big dram every 15 or 20 minutes till he gets ease or begins to feel the effects of the liquor. Then drop it off for awhile but use it again if necessary; at any rate give it a fair trial. There should also be a fly-blister drawn on each temple. Neuralgia of the head or face is often caused by decayed teeth, therefore in all cases of neuralgia of the head, face or jaw, examine the teeth, and if you find any of them are decayed or decaying, have all such taken out.

In any case of neuralgia there should be a purgative taken to cleanse the stomach and bowels. Salts or blue mass pills, or any favorite purgative will do, as the main object in most cases is to unload the bowels, but the bowels should not be moved too often, therefore do not repeat only when really necessary or when the bowels fail to act often enough.

You should take anodyne [opium, morphine, etc.,] at any time when necessary to get ease or to obtain sleep. You will find Liniment No. 6 to be of much benefit in giving ease. Wet a flannel cloth with it and lay it over the seat of pain.

If the anodynes and other preparations here given fail to ease, send for a physician, and he can give ease by using a hypodermic syringe.

SCROFULA.

Scrofula is a constitutional affection, that is, it is in the system and shows itself in various ways. It is inherited; that is, the father or the mother or both have scrofula, and then their offspring, one or more, are born with scrofula in their system, which sooner or later makes its appearance by a swelling of the glands about the neck or jaw, or the eyelids will become sore and inflamed, or the bones of the arm or legs or the hip joint will become affected, causing an abscess or rising as it is often called, which will break in time causing a running sore, which often lasts for months before it heals up. The bones often burst off in slivers and work out a piece at a time. Such cases are commonly known as white swelling. Scrofula often makes its appearance on the head, on, in, and behind the ears, forming ugly running sores called eczema. This last-named trouble of the head and ears and the inflamed eyes and the enlargement of the glands of the neck are by far the most common symptoms of scrofula. I believe that tonsilitis and catarrh of the head and nostrils are caused by a scrofulous taint of the system and should be treated as such. Now the most of these troubles make their appearance during infancy or childhood, often amounting to but very little inconvenience, while in other cases they are very troublesome and painful, causing a great deal of inconvenience through life, especially where the bones are affected and cause the patient to become a cripple. Such cases are not often fatal, patients as a rule recover to a certain extent, and live to a good old age, and in many cases appear to be perfectly well most of the time.

TREATMENT.—Out of doors life in the open air, avoidances of sudden changes of the weather at all times, suitable clothing adapted to all seasons of the year, good

rich sweet milk, bread and butter. Oysters or any diet of easy digestion, eggs when not cooked too hard are also a good diet. Cod liver oil should be used regularly for months. The patient should never be fatigued beyond what would be good exercise, but regular and moderate exercise should always be allowed. When any of the glands become enlarged never try to scatter them or drive them away, as it is called, but rather try to draw them to a head and let them open of themselves or open them. After they form a pretty considerable rising they will sometimes go away without opening, which should never be allowed, for in such cases the corruption which is in them is absorbed by the system, which is very unhealthy, therefore they should be opened, a large orifice [gash] being made to give a good or free outlet, and it should not be healed up but let run for months if possible, so as to drain the system of the unhealthy matter. And also if the head and ears should become sore, do not attempt to cure them up suddenly, but let them remain sore for 2 or 3 months, for the running of the sores will also drain the system of the morbid [unhealthy] matter, and thereby leave the child in a much better state of health when the sores do heal up. In such cases be sure to give Prescription No. 14. If you can not get the barks to make Prescription No. 14, then give the syrup of the iodide of iron. (See table of doses on page 8). Remember if the child be pale and of a swarthy color be sure and give one of those preparations without fail and cod liver oil also. Prescription No. 7 is a splendid salve or ointment to grease the sores on the head and ears, but should be used very seldom as it is liable to cure up the sores too soon, which would be dangerous. When persons get older, say from 12 to 30, they are subject to what is known as white swelling, affecting the bones of the thigh

or leg, or to what is known as hip joint disease. If such should be the case they should take Prescription No. 14, but put in 700 grs. of the iodide of potassium and 3 times as much of the bark to make it stronger and a gallon of water and boil down to a pint. Dose, one or two teaspoonsful according to age. If it should act on the bowels too freely you should lessen the dose. They should also take cod liver oil all the time, and also a small dose of quinine morning, noon and night, 1 or 2 grains at a dose, and apply warm poultices to the seat of pain made of wheat bran and hops or any favorite poultice; but be careful not to use a warm moist poultice regularly under any circumstances for a longer time than 36 hours at a time; then take the poultice off and wrap the place with flannel for several hours, then apply the poultice again for a day or a day and a night, then the flannel and so on till the place breaks. If it comes to a head and is giving much pain, send for a doctor and have it opened. When there is much pain in such cases give an anodyne [morphine] occasionally to ease the pain. Now in all such cases there is no hope of getting well soon; for that reason you should be contented, and keep the patient as quiet as possible, giving nourishment, suitable diet, medicines and stimulants if the patient should get weak and feeble. It is too common for the people to put all confidence in poultices, plasters, etc., while the main reliances should be in medicines, nourishments, pure air, good diet, good nursing, and in some cases stimulants, tonics, etc., while the poultices are helpers only when used properly.

ACIDITY OR SOURNESS OF THE STOMACH.

Sourness of the stomach is often called heartburn.

SYMPTOMS.—A burning, uneasy sensation in the stomach, sometimes a rather painful sensation; a belching up

of an acid [sour] fluid, which makes the teeth rough, or as it is often called, on edge.

CAUSATION.—It is caused by indigestion of the diet in due time, and the diet remaining in the stomach too long till it ferments and sours, thereby creating too much acid. Temporary relief may be had by taking a little soda occasionally in a little water. Dose, from one-half to one teaspoonful. Magnesia is also a good remedy. Dose, from 1 to 2 teaspoonsful, in a little water. For a regular treatment for a permanent cure, see Dyspepsia.

DYSPEPSIA.

This is a very common disease. It is a disease of the stomach, and often of the entire digestive system. It is most troublesome to the young and middle-aged, not often troublesome in old age.

SYMPTOMS.—The appetite is irregular, the patient at times not able to eat scarcely anything, while at others, has quite too craving an appetite. When the stomach is empty it creates an uneasiness, when full it creates slight distressing pains in the stomach, headache, eructations [belching up] of sour gas and a portion of the diet. The patient at times is low spirited, dull, sleepy and not apparently taking an interest in anything. The bowels are nearly always costive, but sometimes run off too freely for a day or so. Bad taste in the mouth, especially of a morning; cold feet and hands and often the chest and stomach appear cold.

CAUSATION.—The failure of the patient to eat slowly and to chew the victuals fine. Indigestion or dyspepsia is often brought on by the patient's eating too much or too often or too fast, or when too warm, or when fatigued, or too much diet of hard digestion, or when excited.

TREATMENT.—The most important part of the treatment is in the dieting and care of the patient, without

which all medicines would be useless. Therefore the patient must bear in mind that he or she has more to do in removing the troubles than any one else could possibly have, for the reason that the patient has to be careful from day to day what he eats, how he eats, when he eats and be careful of everything from day to day, while the doctor only has to spend 10 or 15 minutes, once every 2 or 3 weeks to tell you what to do. So you depend on the doctor to tell you what to do, and then depend upon yourself to do the work, for no other person can do it for you. Now I will tell you what to do, and you be sure to do it, if you ever expect to get relief. Begin now to eat slowly, never, no never, hurry while eating under any circumstances whatever; chew your victuals fine at all times, drink a few swallows of warm water 10 or 15 minutes before each meal, use no cold water while eating, nor for half an hour after eating. Use any kind of diet that you find on trial agrees with you. Eat nothing that does not agree with you. You should not use one or two kinds of diet alone, but use a mixture of diet, such as agrees with you best. I will give you a list of the kinds of diet that I think would be most likely to suit you best: Sweet milk alone or with a little lime water added, buttermilk, corn bread, wheat bread, crackers, oysters with pepper, vinegar and mustard; any wild meat cooked thoroughly done; broiled ham or middlings, broiled mackerel, in short, all meats should be broiled for dyspeptics; eggs cooked half done or eaten raw well peppered and salted, mush and milk and many other things which each patient can try with safety at times, using those that agree best, and discarding those that disagree; coffee, tea, or milk agree with some, while with others neither will agree. The following are the kinds of diet that I have found as a general thing not to agree. Boiled or baked meats of any kind, and especially if

eaten when cold, radishes, turnips, beans, parsnips, onions, sweet and Irish potatoes, especially if eaten cold, but you are to be the judge in your own case, only by testing it on trial, for there is no doctor that can tell you what will be the best diet in each case, so you see that you are the one to find that out in your case, and then be governed accordingly in your diet. Never eat while tired, or when excited, or when too cold, or when too hot, or when you are not hungry. Never overload the stomach at any time, it is the safest plan to quit eating each time, just a little before the appetite is satisfied, especially if the appetite is keen and craving. Some say eat at certain hours, but I think it much the best rule to eat only when you get hungry, and not put off till a certain hour for fear that you would get so hungry by that hour that you might eat too much; while upon the other hand if you are not hungry at the time appointed, if you eat then, the diet will not be so readily digested by the stomach as it would be if you were to wait till it called for it.

Never worry, fatigue, or heat yourself up by any means at any time, but more especially for 1 or 2 hours after eating. Do no hard studying at any time. Never bathe for 2 or 3 hours after eating. Moderate exercise is good for any one—out of door exercise is especially best for dyspeptics. Avoid sudden changes of heat or cold. Change your clothing with care to suit the changes of the weather. Do not study about your affliction only enough to adopt the above rules. Do not get to thinking you will never get well, or that somebody ought to pity you, or look on you as a confirmed invalid. That is all bosh and of no use—cheer up, be lively. Seek for lively company, look for amusements that are interesting to you. Get up a game of dominos, checkers, fox and geese, or any other harmless game of amusement to pass

time. Never sit around and study melancholy things. You are going to get well ; so get out your fiddle, organ, piano, or banjo and give us a tune. There is no harm in good music, if you do not make harm of it. So be lively, jovial and cheerful, it will call your attention to something interesting and give your stomach a chance to digest the diet, while you are not bothering it with your gloomy thoughts, so cheer up and make good use of your time.

If you can make it convenient, take a pleasure trip to the sea coast, or to the Rocky Mountains, or to some of the mineral watering springs; spend a few months in traveling. You have but one life to live here, so try to enjoy it. Do not let so trifling a little thing as indigestion deprive you of any of the pleasures of this life.

If your bowels are costive, make it a regular rule to go to stool every morning directly after dressing, whether you feel like it or not; go anyhow, try, and if you fail, get you a gum syringe, and inject a pint, more or less, of warm or cold water up the lower bowel. Repeat every morning if necessary, by so doing you will soon get your bowels to moving regularly every morning. Or if you wish, use 7 barks or hydrangia according to directions on bottle. It is put up by Lyman Brown, of New York. It is good to regulate the bowels, and also to allay any fullness or painful sensation of the stomach after eating.

If the stomach or chest is inclined to get cold, wet a flannel cloth in Liniment No. 5 and apply it as often as necessary. Get the old dry bark of a scaly bark hickory and burn it into ashes, put enough of it into a quart of water to make a very weak lye, shake it up 4 or 5 times the first day, then let it settle, and take from a teaspoonful to a tablespoonful, according to strength, 15 minutes before each meal; 4 or 5 tablespoonsful of

ashes to the quart of water will make it so as to suit most cases.

A moderate dram of best French brandy, taken just after each meal, will stimulate the stomach and assist digestion, but be sure to take it at no other time, for if you do it will aggravate the trouble rather than help it. It is not necessary to use the brandy if you use the Seven Barks spoken of before.

If the patient should be pale and swarthy he might take 4 or 5 grains of citrate of iron and quinia more or less according to age, morning, noon and night, an hour before each meal.

I will mention also Ingluvin, which is manufactured by Wm. R. Warner, of Philadelphia. Dose, from 10 to 12 grains, to be taken just after each meal, for indigestion or dyspepsia.

Also Peter's Peptic Essence, manufactured by Arthur Peter & Co., of Louisville, Ky. Dose, from 1 to 2 teaspoonsful just after each meal. I have tried both of the above preparations and they appeared to answer a good purpose. If you are a dyspeptic study this lesson well and cure yourself.

No. 1. Prescription—

Syrup of Rhubarb	3½ ounces
Laudanum	½ ounce
Tincture Cardamon Seed	½ ounce
Prepared Chalk	1 ounce
Subnitrate Bismuth	15 grains

Mix and give $\frac{1}{4}$ teaspoonful to a child a year old, and repeat every 6, 8, 10, 12 or 15 hours, as necessary. Increase or diminish the dose according to age. It may sometimes be the best to give a dose of castor oil to cleanse the bowels before beginning to give the above. You will find it to be one among the best preparations to check the bowels of little children now known.

No. 2. Prescription for Running off of the Bowels—

Put 1 pint of sweet gum bark cut up in half gallon of water, boil it slowly (keeping it covered) down to 1 pint. Strain. Dose for a grown person, 2 tablespoonsful every 2, 3 or 4 hours according to the urgency of the case. You can give it while giving opium, laudanum or paregoric in any case where you want to check the bowels. It should be used in all cases of fever where the bowels are hard to check, and it is one of our best preparations to be given in what is known as summer complaint of little children. It can be used while giving any of the other medicine. I can not recommend it too highly. Never leave it out in bad cases.

No. 3. Prescription for Dysentery or Bloody Flux.

Tincture Camphor	1	ounce
Fluid Extract Ergot	1	ounce
Prepared Chalk	1	ounce
Castor Oil	1	ounce
Essence of Peppermint	$\frac{1}{2}$	ounce
Subnitrate of Bismuth	65	grains
Laudanum, 4 tablespoonsful, or . . .	4	drams
Tincture Cardamon Seed	1	dram

Mix and shake it well before giving each dose. Dose, 1 tablespoonful for a grown person, to be repeated just after each action, provided it is not under half an hour.

No. 4. Prescription for Epilepsy or Fits. Also a good nerve tonic. It will quiet the nerves and cause you to sleep well at night—

Bromide of Ammonia	9	ounces
Bromide of Potassium	3	ounces
Fluid Extract of Lady Slipper	2	ounces
Laudanum	$\frac{1}{2}$	ounce
Nitrate of Potassium	30	grains

Put it all in 1 quart of water and shake it occasionally till it all dissolves. Dose for a grown person, one large teaspoonful in water to suit the patient morning, noon and night; on the first and second day 4 or 5 doses a day would be better. It can be taken for months at a time with safety. After taking

for a while 2 doses a day might answer. The dose should be increased or lessened to suit each case.

No. 5. Prescription—

Aqua Ammonia	1	pint
Turpentine	1	pint
Gum Camphor	1	ounce
Castor Oil	$\frac{1}{2}$	pint

Mix and shake it up well and you will have one among the best liniments there is. You can use it freely on any grown person, but if used on children or those of a tender skin, you should use enough oil to weaken it to suit the case. You can wet a flannel cloth with it and apply it to the stomach, chest or bowels or anywhere externally where there is pain; in many cases it acts better to bathe it in by putting something warm over the cloth when applied. It will often cure the toothache by wetting a little raw cotton with it and putting it in the tooth after cleaning out the tooth well.

It also will often relieve headache by smelling of it occasionally. It is good also to put on the place stung by bees, wasps and other insects.

No. 6. Prescription—

When you make the above Liniment No. 5, then pour one-half pint of it in a bottle and add 2 tablespoonsful of chloroform and 1 tablespoonful of tincture of aconite root; shake it well to mix thoroughly and you will have the best liniment I ever saw for any pain. It should not be used where the skin is abraded [broken or torn off] but can be used in any case that the first would be used in, and in the same way.

No. 7. Prescription—

Take 5 tablespoonsful of simple cerate,
1 tablespoonful of calomel,

Mix well and you will have a splendid salve.

It is good for any old sores, applied once a day, after washing it off well with warm soap suds. It is one of our best salves to rub on the sores which often come on the head and ears of little children, but it should not be used very often on the head and ears of little children, for fear of curing the running sores

up too soon, which would be dangerous, as the trouble might then affect the brain. If you cannot get the simple cerate, you can use fresh lard or fresh unsalted butter. It is good also for tick bites, for burns, and is a splendid salve for inflamed sore eyes, especially when they stick together of nights. It is splendid for the sore eyes of children as it gives no smarting or pain.

No. 8. Prescription.—

Rosin 1 tablespoonful
 Beeswax 2 tablespoonsful
 Mutton Tallow 1 gill

Mix, cook on a slow fire till all are melted, and stir while cooling. If it should get too hard, add more mutton tallow, so as to make it more pliant.

A good salve to spread on a cloth and apply to felons after they begin to run.

No. 9 Prescription.—

Finely Powdered Borax 1 teaspoonful
 Alum Finely Powdered 1 teaspoonful
 Tannic Acid 2 teaspoonsful

Mix well. Good for thrush [thrash]. Sprinkle on the sore places 3 or 4 times a day. It would do no harm should the child swallow it.

No. 10.—Prescription. Colic Drops.

Take equal quantities of laudanum, essence of peppermint and pure ether, mix well together.

Dose, for a grown person, a teaspoonful in a little water. Repeat every 30 minutes if necessary. Good for colic pain in the chest, stomach or the abdomen. Lessen dose according to age.

No. 11 Prescription—Colic Drops.

Put 5 grs. morphine in a bottle, then pour in one tablespoonful of water, shake it up till the morphine dissolves, then put in one and a half gills of tincture of camphor and half a gill of tincture of capsicum.

Dose, for a grown person, one teaspoonful in water. Repeat in an hour if necessary to get ease.

Good for colic, pain in stomach or bowels. Diminish [lessen] the dose according to age, or increase it in very bad cases. Give it in warm water if convenient.

No 12. Prescription. Colic Drops for Nephritic or Hepatic Colic.

Pure Ether 4 tablespoonsful,
 Paregoric 4 tablespoonsful,
 Chloroform 2 tablespoonsful,
 Mix, shake it up well together.

Dose, one teaspoonful in 3 or 4 swallows of warm water. Repeat every half an hour if necessary. Lessen the dose according to age. Do not draw your breath when you take it, the water could be sweetened if desired, stir well before using. Do not get the medicine near a lamp or fire.

No. 13. Prescription. Cook's Pills or Powder.

Take 30 grains each of Calomel, Rhubarb and Aloes, mix thoroughly, and divide into 6 powders. Dose, one for a grown person every 3 hours till they act, or moisten with a little water and make into 6 pills if desired.

No. 14. Prescription for Scrofula, White Swelling, &c.

Burdock Root ½ pint
 Yellow Dock Root 1 gill
 Dogwood Bark ½ pint
 Yellow Poplar Bark ½ pint
 Water ½ gallon

Boil down slowly, (keeping it covered all the time), to one pint. Then strain, and add one pint of good whisky, and then]put in two level teaspoonsful of iodide of potash. Dose for a child 3 years old, a teaspoonful morning, noon and night, in a little sweetened water. The above is the best preparation for scrofulous children I ever saw. Mothers be sure to try it. It can be given as long as you wish to give it. Increase or diminish the dose according to age. If it acts on the bowels too freely, lessen the dose. If prepared for grown persons, make it stronger by using 3 times the quantity of roots and bark, and one gallon of water, and boil down to a pint, strain and add 5 teaspoonsful of iodide of potash and 1 pint of whisky. Dose,

1 to 2 teaspoonsful in a fourth glass of water, morning, noon and night. If it moves the bowels too often lessen the dose.

No. 15. Prescription. Liniment for Rheumatism.

Strong Apple Vinegar 1 pint

Alcohol 1 pint

Turpentine 1 gill

The Yellow of Six Eggs

Salt 2 tablespoonsful

Mix well. Bathe the parts affected as often as every 4 or 5 hours, and wrap the limb in flannel.

No. 16. Prescription, for Paralysis.

Strong Apple Vinegar 1 pint

Tincture of Capsicum 4 tablespoonsful

Ground Mustard Seed 4 tablespoonsful

Table Salt 2 tablespoonsful

Mix well, and bathe and rub the limb well 3 or 4 times a day and wrap in flannel.

No. 17. Prescription. Liniment for Neuralgia.

Chloroform 2 ounces

Tincture Belladonna 1 ounce

Tincture of Camphor 1 ounce

Tincture Acouite 1 ounce

Mix well, and apply by wetting a small cloth in it and lay on the place affected. Do not put it on any sore or where the the skin is broken, for it is poison to any sore,

No. 18. Prescription. To Increase the Growth of Hair.

Oil of Sweet Almonds 5 ounces

Alcohol 1 quart

Gum Benzoin 100 grains

Oil of Bergamot 2 teaspoonsful

Oil of Lavender 2 teaspoonsful

Shake all together, then add—

Tincture Cantharides $\frac{1}{2}$ ounce

Oil Neroli, Oil Lemons, each 40 drops

Oil of Roses 30 drops

Essence of Cinnamon 2 teaspoonsful

Shake it up well each time before using. It is also a good perfume for the hair. Keep it in a cool place.

No. 19. Prescription. Tooth Ache.

Creosote, Oil of Cloves an equal quantity of each ; wet a bit of raw cotton in it, and put in the hollow of the tooth after cleaning it out well. Repeat every 15 or 20 minutes till you get ease.

No 20. Prescription.—

Also to apply any of the following preparations in the same way is good for tooth ache.

Tincture of Camphor, Laudanum, Paregoric, or dissolve Lunar Caustic in Chloroform, and apply as I said in No. 19. Be careful and do not let it touch the gums, which can be prevented by putting a folded rag, or a bunch of cotton over the medicine as soon as you put it in the tooth.

No. 21. Prescription. For Rheumatism.

Jimson Root	1 pint
Prickly Ash Root	1 pint
Bittersweet Root	1 pint
Water	1 gallon

Put it in an oven, cover and boil slowly down to one quart. Strain and add one quart best whisky and 800 grains iodide of potassium. Dose, for a grown person, two teaspoonsful morning, noon and night, an hour before meals ; weaken it with water to suit your taste. Sweeten it if you wish to.

TO REMOVE WARTS.

Touch them once a day with nitric acid, muriatic acid, carbolic acid or creosote ; but the quickest and best plan is to take a sharp knife or razor and clip them off even with the skin ; let it bleed awhile, then grease all around the place and put chromic acid on the place and let it stay half an hour. It is better to make a little cake of wheat dough, cut a hole in it the size of the place where the wart was cut off, place the hole over the place, press all around, then put on the chromic acid. It is a sure cure.

SORE NIPPLES.

To avoid sore nipples let the child suck all the milk out of one breast before you put it to the other breast. As soon as the child quits sucking wet a soft rag in warm water with which wash off the breast. Then take a piece of alum and rub it over the nipple; then cover over the nipple with a cloth greased with mutton tallow, or simple cerate, so as to exclude the air. This should be kept up for several days till the nipple gets hardened. But if by any cause the nipple should begin to get sore, use the following right away before it begins to get bad: Take nitrate of lead 10 grs., put it in 2 tablespoonsful of water, let it dissolve, and each time after the child sucks wash off the nipple in warm water, then wet the nipple well with the above. It is good also for chapped lips or hands. If there should be deep sore cracks come in the nipple then take a sharp pointed piece of nitrate of silver, and after washing off the nipple well touch it lightly to each crack so as to reach the bottom of each and to make the places turn just a little white. Repeat it once a day or once every 2 or 3 days as necessary.

BREASTS.

If a cake should begin to form in the breast apply soft pancakes immediately as hot as they can be borne: repeat them as often as necessary to keep the breast very warm all the time till the cake disappears. Or make a strong solution of sugar of lead, 3 tablespoonsful to a half gallon of warm water, wring cloths folded several double out of it and apply to the breast. Keep them as hot as they can be borne and apply them often till the cakes leave.

To prevent the cakes coming in the breasts, keep your

hands out of cold water for three months, keep the nipples sound, and do not let the milk accumulate in the breasts too much.

LABOR OF LYING-IN-WOMEN.

It is often the case that labor comes on so rapidly that it is not possible to get the assistance of a medical attendant in due time. When such is the case do not get excited, for it is one of nature's works and will, ninety-five times out of every hundred, work out all right without much assistance. But I would advise every husband to be sure to have a medical attendant in all such cases, so as to give assistance when necessary, for sometimes there is great danger in various ways that come up in such cases. But if labor comes on before such help can be obtained, then keep the lady on bed in a position most pleasant to her, do not call on her to do a way to suit you, but let her do to suit herself, that is, as long as she keeps in the bounds of reason. One of the attendants should let the child's head rest in her hand as soon as it passes out until the shoulders and body pass, which will be at the next pain or the second one at least after the head passes. Next, if the child is all right it will cry out distinctly; if it is not, it will lie perfectly still. If the chord is wraped around its neck, turn the child in a position so as to take it from around the neck as soon as possible, but do not be too hasty and pull on the chord too hard so as to pull it in two: take your time and you will do better work. After you get the chord from the neck, then place the child in an easy position, so it will not be liable to smother or to strangle. Never be in a hurry about cutting the cord till you see the child's face and lips look of a dark, bluish color, then cut the chord at once and let the part attached to the child bleed a tablespoonful, then tie it with any kind

of a string or cord that suits you, or of any color, so it will answer to stop the blood; but never under any other circumstances cut the chord until you find there is no pulsation in the chord at a distance of 6 inches from the child. Keep the child warm, do not let it chill or take cold. If you have to feed it, give it fresh milk from a cow, jenny or goat, mix one-half water sweetened a little and warmed, but drop off a little of the water every day. Use lard, oil or mutton tallow to grease the rag for the navel; any lady can wash, dress and fix the navel string as well if not better than we doctors. It is natural to them. Do not meddle with the after-birth till the pains throw it off. If the lady is resting well just let her alone for an hour or so that she may take a good rest. If the after-pains are very troublesome, give her a dose of morphine, opium, laudanum or paregoric, and repeat it every 1, 2, 3, 4, 6, 8 or 10 hours, as necessary to give ease. If she is very weak and feeble, give her a little toddy occasionally, also something to eat; change her clothing and bed clothing; do not keep the room too tight nor too warm, but so as to be pleasant to her. Women in such cases should eat nearly anything they want, but should eat in reason. If it be necessary to take anything to act on the bowels, take salts or oil or some mild purgative.

If the lady should be threatened with too much flooding take all the pillows from under her head, raise the foot of the bedstead 3 or 4 inches; do not have much cover her; let pure fresh air in the house; keep everything as quiet and still as possible; give her 15 or 20 drops of the fluid extract of ergot in a little water, repeat it every 20 or 30 minutes till you give 3 or 4 doses if necessary; wring cloths out of the coldest water you can get and place them over the lower part of the abdomen [belly] and the inside of the thighs, repeat them

often enough to keep them cold till the flooding ceases; give the lady a little weakened vinegar or cold lemonade to drink occasionally; she should use a cool diet till the danger of flooding is over.

Every lady should have a rest of 10 or 12 days after labor and in many cases lie on the bed for that length of time, yet there are a few cases that might do better to get up sooner. But none, no, not any, should ever attempt to lift or do any work until they are perfectly able, if they would expect to have good health in the future.

ACUTE ARTICULAR RHEUMATISM.

SYMPTOMS.—High fever, profuse sour sweats and a swelling and reddening of some of the joints of the legs or arms, most frequently the knee or ankle joints, producing at times very severe and excruciating pains. The tongue is coated with a white or cream-looking coat; the pulse is accelerated [raised]; the fever thermometer shows a heat of the body to be from 102 to 103 by Fahrenheit's thermometer. If the fever should get to 105 or higher, it should be reduced as soon as possible by giving large doses of quinine every hour till the ears begin to ring or roar. The patient can hardly bear the part affected touched or moved on account of the tenderness or the pain it produces. As a general rule, if the heart is not affected the pulse is regular, but if there is any trouble of the heart the pulse is not regular; the urine is high colored (red like lye) and shows a deposit in the bottom of the vessel when cool which resembles brick dust. In some cases many of the joints become affected.

TREATMENT.—As soon as you find out that it is rheumatism, give 25 grains of bicarbonate of potassium with 4 or 5 grains of nitrate of potash, dissolved in one-half or two-thirds of a glass of water with a little lemon

syrup added so as to make it as agreeable to the patient as possible: repeat the dose every 2 hours till you give 8 or 10 doses, then give it only every 6 hours for 3 more doses. Then give only 15 grs. of the bicarbonate potassium and 4 grs. of the nitrate potash every 12 or 24 hours from that on. The quinine should be repeated as above directed if the fever should get high.

If the pain should be too severe, give morphine, or opium if the bowels should be too active. The affected joint should be wrapped in a flannel cloth wet in Liniment No. 5 or No. 6, either of which would be good. It should be applied 3 or 4 times in 24 hours for 2 or 3 days, then once or twice in 24 hours, will be sufficient from that on. Many persons are in favor of warm poultices in such cases, and they no doubt answer a good purpose in many cases, but only by giving ease, for they have but little if any curative properties. If used regularly they encourage the formation of pus [corruption] in the joint, the very thing that we should keep down if possible. I prefer instead of the poultices the following: To 2 gallons of water put 3 ounces of bicarbonate of potassa and 1 ounce of nitrate of potash, heat moderately hot and wring cloths out of it and wrap them around the affected joint, apply them every half hour for 2 or 3 times, then wait, 10 or 12 hours and apply same way, then once or twice in 24 hours till the fever leaves and then use the liniment as directed before.

As the morphine, poultices, liniments and wrapping the joint in flannel is only intended to give ease, never use either one regularly in such cases but only as necessary to give ease. The joint should not be poulticed over 36 hours at any one time, and not that long unless it is very painful, neither should it be wrapped up too warm in flannel too long at any one time. The continued use of either the poultices or the flannel would

be liable to cause little blisters to form on the part where the poultice or the flannel was used too excessively; and further, to favor an unnatural collection of blood to the part.

The duration of acute rheumatism is from 15 to 50 days under any treatment now known. It is one of the self-limited diseases, therefore you must not expect the patient to get well at once. If the bowels are bound, give a moderate dose of salts with 2 or 3 teaspoonsful of cream of tartar added to the salts. Repeat every 8 hours till you get an action. Use a light diet for several days at least, and especially while the fever is high. But if the patient should linger long and begin to look pale and swarthy, then give 10 or 15 drops of the muriated tincture of iron in water half an hour before dinner, breakfast and supper, and also give a more strengthening diet. And if the patient should get weaker and weaker then use stimulants as directed on pages 25 and 26.

CONSTITUTIONAL RHEUMATISM.

There is another species of rheumatism, that makes its appearance occasionally without fever or any disturbance of the appetite, which I can only call constitutional rheumatism. It will make its appearance in the fingers, wrists, elbows, or shoulders, or knees, or ankles, or small of the back at different times, then pass off again in the course of from 3 to 10 or 12 days, leaving the patient apparently perfectly well, but it will return again at very irregular periods. And especially if the person should make a change of work, working at something that he has not worked at for a time. Such cases are very common in every section of the country. The symptoms are too well known for me to give them. When it affects the back we call it lumbago, when it affects the neck,

we call it crick in the neck, when it is located in the chest, it is called rheumatism of the chest. Such cases are not often dangerous but quite troublesome.

TREATMENT.—The best remedy to remove such spells I have found in Prescription No. 21, and to rub the part affected with Prescription No. 5 or 6. If the trouble is in the small of the back you can treat it as directed on page 99. See Weak Back.

In cases of rheumatism where the muscles become atrophied [swiveled or perished away] to any considerable extent, there is but little hope of a cure; yet patients often live for many years after such an occurrence, the soreness and pain passing away in some cases, but leaving the muscles yet atrophied [swiveled up]. In such cases it is needless to spend much time or money in attempting to effect a cure, that is after such troubles have continued for any considerable length of time. Still occasionally relief is obtained by taking a long voyage and by staying at some of the watering springs, where there are chalybeate [iron], sulphurous, saline or alkaline [potassium] waters, but more especially if the company and the amusements should be interesting to the patient. Provided you cannot travel, or attend those watering places, then use Prescription No. 21, but after you get it fixed up as directed, then add 600 grs. bicarbonate of potash and the same amount of the chlorate of potash. Take only one teaspoonful at a dose. The parts affected should be painted with the tincture of iodine morning, noon and night, till the skin becomes very tender, then quit using it till the skin gets all right, then use it again the same way, then quit a few days, and so on from time to time till you give it a fair trial. The daily use of the parts affected, if it can be borne, is apparently a great help in some cases.

CONSUMPTION.

I shall say but little of consumption, as it has got to be such a common disease in our country. The great majority of cases are hereditary, while the remainder are supposed to be contracted [that is, brought on by some other cause]; many of the medical men of this day and time are of the opinion that infants suck it from their mothers or wet nurses, and also that many take it from the repeated attacks of cold, and repeated attacks of catarrh of the nose.

But be that as it may, I will say to all those persons who have had father, mother, brother, sister, aunt or uncle to die with consumption, to be on their guard, and on the first symptoms that denote anything like consumption with them, to go to taking something for it. By so doing you may prolong your days for many years. For if you would expect ever to receive any benefit from the taking of medicine, it would certainly be more likely to do you more lasting or permanent good in the first stage of consumption, than it would at any other time. I know of persons, who are now apparently enjoying good health, who had severe symptoms of consumption 25 and 30 years ago. They used medicine freely in conjunction with hygienic [diet, clothing, pure air, exercise, &c.] measures. So you do likewise, and you may thereby reap a happy reward. Remember, procrastination is the thief of time.

SYMPTOMS.—All persons are not taken alike, neither do all the symptoms come up in every case, for that reason do not expect all the symptoms in any one case. The first symptoms in many cases are, loss of flesh, slight hacking cough, which sooner or later assumes a hollow sound, a flushing of the cheeks, and next a reddish flush spot comes and goes at times on one or both cheeks, the

eyes look more bright than before, the pulse beats faster, there is slight fever, the appetite is changeable, there is a paler and a more swarthy appearance of the face, the patient gradually gets weaker, and becomes more easily worried from slight exertion, chilly sensations will occur at times in some cases, followed by a slight fever, and sweating with such regularity that it may cause one to think that it is intermittent fever. Do not let such cases deceive you. If it is intermittent fever, the fever will go clear off after the sweating, if it is consumption the fever will not go off, so you can decide the case by the use of the thermometer. That which the patient spits up varies so much in character that it is useless to attempt to describe it in a book like this is intended to be. The larger the amount spit up the larger is the portion of the lung affected; the less quantity, the less amount of lung affected. A bleeding of the lungs is a noted symptom. If the blood is a bright red and frothy and coughed up, you may know it comes from the lungs. Night sweats are very common. Slight cutting pains in the chest and sides are very common, and also suppression [stoppage] of the monthly sickness in women. Those who have consumption are slow to acknowledge it, but are apt to plan many things to do in the future.

TREATMENT.—If possible move to a high, dry, mountainous country of an even, mild temperature, have your sleeping apartment as high from the ground as possible, have it large and well ventilated at all times, use a mattress for a bed. If you have to use a feather bed, have but few feathers in it. Keep your bedroom neat and clean. The bed and bed-clothing should be sunned regularly. Wear clothing to suit the various changes of the weather and the different seasons, so as to be comfortable and pleasant at all times. Avoid taking cold at all times. Spend as much of your time as possible out

of doors at all seasons of the year. Take moderate exercise every day, if possible, seek for lively and jovial company, interesting amusements, etc. Use good, nourishing and strengthening diet of any kind that agrees with you best, and especially that which is easily digested. Drink of warm sweet milk freely, drink it three times a day, if possible, as soon as it is milked. A dram of French brandy taken just after breakfast, dinner, and supper (no oftener), is a great help to some, while it is injurious to others. Keep the bowels regular if possible. If they are bound, use the mildest medicines possible to move them. I believe an injection is still better, see page 111 for directions. If your victuals do not digest well, take a dose of ingluvian just after each meal, 10 or 12 grs. at a dose. Make it a regular rule to draw in a full breath several times a day, so as to expand [swell out] the lungs to their utmost extent. Have a pole fixed up in some convenient place as high as you can reach, take hold of it with your hands and by your arms raise yourself up so as to chin the pole several times a day.

Now all I have said so far is of the first importance, so, secondly, I will say, take Felton's hypophosphites of lime and soda, as directed on bottle, it is one of the best preparations in the line of medicine for consumption that I know of now on the market. Young ladies, if you wish to lengthen your lives, quit lacing, and more especially if there has been any lung trouble with any of your blood relatives. Piso's Cough Cure is also a good medicine for consumption, and especially if the cough is troublesome. Do not fail to take the advice here given.

WOUNDS.

In all wounds, where it is a clean cut gash, if it does not reach the hollow [cavity] of the person, the way to treat it, is to press it together immediately, and hold it

there till it can be bound together, so as to stay, not letting the air get in if possible. If treated thus, all small wounds will heal in a very short time with scarcely any soreness. But if there should be any dirt, sand, or any other substance in the cut, first clean it all out, wash it well then press and confine it as before. If the wound reaches the hollow [cavity], turn the patient on the side wounded, so as to let the blood run out, and send for a doctor. If it is a hand, arm, foot or leg, and there is much bleeding, keep the limb raised above the level of the body, press and bind the wound together and bathe in cold water. If that does not stop the bleeding, fill the gash with 3 parts tannic acid and one of pulverized [powdered] alum. If that does not stop the bleeding, tie a string between the cut and the body tight enough to check the bleeding till you can get a physician. If you can check the hemorrhage and dress and bind up the wound, without the aid of a doctor, then apply cloths folded several double wrung out of warm water (with a heaping teaspoonful of sugar of lead to each gallon) over the wound. It will keep down inflammation and cause it not to be very painful, but it should not be kept on all the time. Keep it on for a day and night, then remove for a few hours, then on a while, then off again, and so on; but be careful not to let it get cold while the warm cloths are removed. If the warm cloths cause too much bleeding, then use cold cloths for a while, till there would be no danger of bleeding. Do not put healing salves on deep wounds, but let them heal up from the inside first; let the outside be the last part of the sore to heal.

Fainting.

In any case of fainting, the patient should be laid down on the floor or ground, and on the back; next loosen the clothing, next rub equal parts of aqua ammonia and

tincture of camphor on their upper lip, or Liniment No. 5 would do. If you find the patient is getting blind, or complains of head-swimming and objects appear to be turning over or looking green, lay them down immediately, or they will faint and fall.

SNAKE OR SPIDER BITES.

As soon as a person is bitten by either, if he has no sore about the lips or mouth, and no decayed teeth, he should suck the place bitten, if he can get his mouth to it; if not, apply aqua ammonia on the place bitten, by wetting a rag in the ammonia and laying it on the place. If the place bitten is on a very fleshy part, cut out the place and put a cupping glass over it so as to draw the poison out. If it is on the finger, hand, arm, foot or leg, tie a cord around the limb as quickly as possible an inch or two from the bite, but next to the body from the bite. Tie it as quickly as possible and tight enough to stop the blood from flowing from the bite to the body. Next give whisky every few minutes till the patient can feel the effect, and then repeat often enough with the whisky to keep the patient slightly under its influence for 24 or 36 hours, and also give from 20 to 30 drops of aqua ammonia in 3 or 4 swallows of water, and repeat the dose every half hour for 3 doses, then every hour for 3 doses. The cord should not be kept tied around the limb longer than 3 or 4 hours, provided you can get the patient fully under the influence of the whisky or brandy in that time; recollect to keep the place well bathed in aqua ammonia for 4 or 5 hours. If it be a large and very poisonous snake, no time should be lost in the treatment, for the larger and more poisonous the snake, the greater the danger. If the patient should become stupid and dull, make him stir as much as possible.

SUMMER COMPLAINT OR DIARRHŒA.

TREATMENT.—If the trouble has not been on hand very long, and the actions are watery and mixed with fecal [the contents of the bowels] discharges in actions, no blood and no pains complained of, then give the following: Put 10 teaspoonsful of weak ginger tea in a bottle, then put in 1 teaspoonful of sugar, 2 teaspoonsful of the tincture of rhubarb and 1 teaspoonful of common salts; shake well, then give a teaspoonful morning, noon and night to a child a year old.

If the child vomits much you should give the following: Put 10 teaspoonsful of water in a bottle, then put in 30 drops of *diluted sulphuric acid* and one teaspoonful of sugar. Shake it up well, then give a child a year old 1 teaspoonful every 4 hours till the vomiting ceases. If it is too strong, you can add a little water to each dose. Never give a child more than a teaspoonful of water at a time if the vomiting is severe, but give water every 10, or 15, or 20 minutes if necessary.

If the diarrhœa comes on with teething, never split or cut the gums till you are well satisfied it should be done. If they need splitting you will see the gums are bulged out considerably over each tooth that is coming through, if such be the case, you should wait and let them come through themselves, that is, if the child should not be very bad, but if it is getting worse or pretty poorly, then split the gums. It is a good plan to put the child in a warm bath at night, but do not keep it in but 3 or 4 minutes, then wipe it off dry, and give a child one year old one grain of Dover's Powders mixed with one grain of gray powder [a mixture of mercury with chalk], which might be repeated each night for 3 or 4 nights, if necessary. If there is any sourness of the stomach or action of the bowels, give boiled milk with a little prepared

chalk stirred in it, or if you give sweet milk not boiled, be sure to mix chalk with it, and mix one-third water with the milk. If the above should fail, which it may in some cases, then give the following, namely: Put 12 teaspoonsful of water in a bottle, then put in 1 teaspoonful of sugar, 2 level teaspoonsful of extract of logwood and 2 teaspoonsful of tincture of catchu; shake it up well, and give to a child one year old a teaspoonful, morning, noon and night.

Also, mix together 27 teaspoonsful of water, 4 teaspoonful of prepared chalk, 1 teaspoonful of laudanum, 1 teaspoonful of paregoric 6 teaspoonsful of castor oil; shake it up well before giving each dose. This is to be given from 2 to 4 or 5 times a day, according to the number of actions, if the actions are far apart, give the medicine farther apart, if the actions are closer together, give the drops closer together, but do not give closer together at any time than 2 hours.

Dose for a child a year old, 1 teaspoonful. Remember this is to be given at the same time while giving the logwood and tincture of catchu, given above. If it is not convenient for you to get the medicines for this, you can use Prescription No. 1, in place of it. But remember in doctoring little children for summer complaint, you will sometimes meet with stubborn bad cases, those that will linger for weeks or months. So in all lingering cases, be sure to keep the child as comfortable as possible, give it stimulants if very feeble, such as blackberry cordial, a little weak French brandy, or good whisky. If the actions are curdled [like lumps of clabber], or the actions pass off in lumps, that shows that it is undigested, then you should get the child to drink whey off of clabber or buttermilk for a few days, and also give it a dose of ingluvian 3 or 4 times a day, it will not interfere with any other medicines.

Now you get the medicines and fix them up as directed. you need not have any doubt, and after you fix them up once or twice it will not be any bother to you afterwards. And they will act for you just as well as they will for me or anybody else.

MILK SICKNESS.

Milk sickness is not a contagious [catching] disease. People only take it from eating butter, drinking the milk or eating the flesh of animals that have milk sickness. Some think it is often caused by the drinking of water of springs that are poisoned by the water running over a poison mineral of some kind, while others think it is in the vegetable kingdom; but be that as it may, it is the safest plan to cook all beef thoroughly done in every section of country, but more especially in sections where milk sickness is supposed to be, or in cities where the beeves are brought and slaughtered from so many different sections, as it is claimed that by cooking any flesh which is poisoned with milk sickness thoroughly done, it kills the poison and thereby leaves the meat perfectly harmless. People should be on their guard during a dry summer or fall until a big biting frost clears away all danger, and especially if followed by a heavy rain.

The symptoms of milk sickness are, weariness, weakness of the muscles, constipation of the bowels, loss of appetite, sick stomach, burning in the stomach, with excessive thirst and a craving for spirituous liquors; the abdomen is hard and contracted; the skin becomes dry and of a dusky color; there is an oppressive sensation in the chest; the breath is very offensive to the smell on account of the peculiar odor, which is different to any other smell.

The treatment I have been successful in, in all the

cases that have come under my care is, by putting pulverized sulphur [brimstone] in good whisky and giving my patients all they could bear. Shake up the sulphur and whisky every time you go to give it, so the patient will get some of the sulphur every time he takes a dram. It should be repeated as often as the patient can bear it. Give salts in full doses every 3 hours till the bowels are moved freely, then often enough to cause one action a day from the bowels. If the salts should fail to cause an action for 6 or 8 hours, you should dissolve 3 or 4 tablespoonsful of salts in a pint of warm water and inject it in the lower bowel and repeat every hour or two till you get an action. A strong mush and mustard poultice should be put over the stomach and kept there as long and as often as can be borne.

If there is sourness of the stomach give a teaspoonful of magnesia or common soda occasionally. If the patient can retain grease, give him as much as he will take 2 or 3 times a day. Patients who have milk sickness should not fatigue or worry themselves for 3 or 4 months after they recover, neither should they expose themselves to excessive cold or hot weather. If the vomiting is very troublesome, give a large dose of paregoric, as much as two large teaspoonsful at a dose and repeat as often as necessary.

ACETATE OF LEAD—Is often called sugar of lead. It is often used inwardly in conjunction with opium, or *alone* to check diarrhœa, dysentery or cholera infantum, or to check vomiting, or to check a hemorrhage of the bowels or uterus, or in salivation. Dose, from 1 to 2 grs., *or less*, according to age, given every 2 hours till 8 or 9 doses are given; but no more. It can be given in pills made with crumb bread, or in mucilage, or dissolved in water. It is also used externally as a lotion to sore eyes or any inflammation, and especially that so often

caused by the poisoned oak or vine. For inflamed sore eyes, dissolve 1 level teaspoonful in a quart of distilled water or rain water; wet a cloth folded several double in it while warm, and lay it over the eye; repeat often. For other external uses dissolve from 2 to 3 level teaspoonsful in a pint of warm distilled or rain water; wet folded cloth in it and apply often. See page 129.

ALOES—Is a slow but sure purgative, given in from 2 to 3 gr. doses every morning, is a good remedy for costiveness [bound up bowels]. It is a good remedy for jaundice [yellow janders], if given in full doses of 10 or 12 grs., and repeated every 6 or 8 hours till the bowels are well moved. It is extensively used for removing small worms from the lower bowel. Dissolve a tablespoonful in a gill of warm water and inject night and morning for 3 or 4 days, and take a dose inwardly at the same time. Dose, 10 to 12 grs. It should not be used any oftener than necessary.

ANTIFEBRIN.—A good remedy to cool down a fever, and to cause a patient to sweat. Dose, 6 or 7 grs. in water.

ANTIPYRINE.—Good to use in place of quinine, especially in protracted cases of fevers. Dose, 2 to 3 grs., repeated every 6 or 7 hours, given in a little water.

AQUA AMMONIA—Is a stimulant. It is given to relieve sour stomach, heartburn, headache. The inhalation of it often relieves headache. Externally it is used as a liniment and applied to the sting of insects. Dose, from 10 to 30 drops in 3 or 4 swallows of water. Repeat every 2, 3, 4 or 5 hours as necessary.

AROMATIC SULPHURIC ACID—Also called elixir of vitrol, is a good tonic to increase the appetite, and especially after protracted cases of remittent or intermittent fevers. It is used extensively to check night

sweats when caused from debility or weakness. The dose is from 10 to 20 drops in 4 tablespoonsful of water, taken 20 minutes before dinner, supper, or breakfast. Wash out the mouth after each dose.

BICARBONATE OF POTASSA—Is used in nephritic and hectic colic, and in rheumatism. Dose, from 20 to 40 grs. largely diluted in water, and repeated every 2, 3 or 4 hours, according to the size of the dose. After the first day, then a dose night and morning is often enough to give it.

BLACKBERRY AND DEWBERRY BRIAR ROOTS.—A strong tea made of the bark of either of these roots, and given in doses of 3 or 4 tablespoonful several times a day, is good for diarrhoea or dysentery.

BLUE MASS—Is a purgative which is formed into a common-sized pill and given instead of calomel, on account of its milder action. It is a great favorite pill with many women, as it is less liable to sicken the stomach than calomel. It should be followed by a dose of salts or oil in 8 hours if it does not move the bowels in that time. Dose, from 3 to 5 pills. It is a splendid remedy for children when their actions are of a whitish color. Reduce the dose according to age.

BORAX—Is a good remedy for nephritic and hepatic colic, when given in 25 to 30 gr. doses, and repeated every 4 hours for one day, then only night and morning. It is also used for making mouth washes for thrush.

BROMIDE POTASH—Is much used to procure sleep and to quiet the nervous system, and to relieve nervous headache. Dose, from 10 to 20 grs. dissolved in water 3 or 4 times a day.

BROMIDIA—Is a good medicine to give ease to pain and to procure sleep. Directions for using with each bottle.

CALOMEL—Is a purgative. It arouses the action

of the liver. It is relied on more than any other purgative in cases of excessive vomiting where the stomach will not retain any other purgative. Calomel is retained readily. In such cases it should be given in a full dose just after the patient vomits freely. It should be given as a purgative to children with the last dose of santonine when doctoring for worms. If it should fail to act in 7 hours, then be sure to give salts or oil to wash it off, for if you let it remain in the system too long it is liable to salivate you, eating nothing sour till it is worked off. I have blown calomel in the eye once every 2 or 3 days to remove specks of scum on the ball of the eye, and found it to act well. It should be blown in through a hollow tube, and very gently. Dose, as a purgative, is from 5 to 15 grs.

CARBONATE OF AMMONIA—Is a stimulant. A good medicine to use in cases of pneumonia when the patient is weak and feeble and the cough is tight. It should not be given nearer than half an hour to a dose of quinine. Dose, 4 or 5 grs. given in mucilage of elm or dissolved in water 5 minutes before taking.

CHLORAL HYDRATE—Is used in all cases where it is necessary to give ease to pain. It will ease quickly and cause the patient to go to sleep in 5 or 10 minutes if given in a full dose. Dose, from 20 to 60 or 70 grs., according to the urgency of the case. I prefer giving from 25 to 35 grs. at a dose and repeating every 10 minutes till it has the desired effect. It should be given dissolved in 3 or 4 swallows of sweetened water.

CHLORATE OF POTASSA, OR POTASH—Is extensively used in sore throat, sore mouth, and for hoarseness and to remove bad offensive odor of the breath. It is one of our best remedies in scarlet fever, in salivation, and as a wash or lotion to old sores. Make it of any strength as a gargle. When applied to old

sores dissolve it in equal quantities of glycerine and water as long as it will dissolve. Dose, from 10 to 30 grs. every 4, 6, or 8 hours.

CITRATE OF IRON AND QUININE—Is given in all cases where iron and quinine is required as a tonic, and especially where the patient is pale and swarthy. The dose is from 5 to 8 grains given dissolved in water or made into pills. It should be taken an hour before each meal.

COOK'S PILLS.—Use the same as you would blue mass.

CHROMIC ACID.—It is not to take. Do not let it get on your sound flesh or clothes.

COX'S HIVE SYRUP.—Given in colds, croup, and to vomit, and to loosen the cough of grown people. The dose for children is from 10 drops to a teaspoonful, repeated every 15 or 20 minutes till it vomits. To loosen the phlegm in the throat of older persons give from 20 to 30 drops every 20 minutes till it causes a slight sickness of the stomach.

CROTON OIL—Is used mostly to rub on the skin every 6 hours to break it out. It should not be rubbed on after the skin begins to pimple till it heals up again, it can then be repeated again if necessary. It is often added to liniments to make them more irritating. It is used over pains and miseries instead of blisters. It is also given inwardly to cause the bowels to move when other medicines fail, but should be used with caution. Dose, from 1 to 3 drops made into pills with crumbs of bread and greased with butter, and repeated every 6 hours till the bowels are moved. It is never used inwardly only as a last resort. Do not get it about your eyes, nose, or mouth or any mucus membrane.

DOVER'S POWDERS—Are a useful remedy in all cases where an anodyne [something to ease pain] is

needed, if the fever is not very high. It is called for or useful in all unless the brain is affected, or in cases of very sick stomach where it is liable to cause vomiting. It is very useful in dysentery, diarrhœa and summer complaint of little children. It is also useful when given for hemorrhages [bleeding] of the uterus [womb] or bowels. Dose, from 5 to 15 grs., given in water and repeated every 4, 6 or 8 hours as necessary. Its effect on the system is like that of opium, causing too much sleep if given too often or in too large a dose, but do not be uneasy if the patient does take a good nap, that is, if you have used it in anything like reason.

FLUID EXTRACT OF ERGOT—Is used in nearly all cases of hemorrhage from the nose, bowels, womb, and urinary organs, and also to increase the labor pains, but it should not be used to increase the pains of labor unless it be absolutely necessary, as it would be liable to do much harm if not used properly. The dose is from 10 to 20 drops, given in water and repeated every 1, 2, 3, 6 or 8 hours, as the nature of the case demands, but bear in mind the smaller the dose of any medicine the oftener it can be repeated. There is no danger in using it in full doses for a short time, but the continued use of it is not advisable. If taken too often and continued for too long a time, it produces oppression of the stomach, urgent thirst, diarrhœa, burning pains in the feet, uneasiness in the head, spasms or convulsions.

FOWLER'S SOLUTION—Is a useful remedy in many diseases. It is given in nearly all diseases of the skin, in chorea, indigestion, chills, rheumatism, headache, when it comes on at a certain time every day or second or third day. It is often used in intermittent fever, chills, ague, etc., and especially with little children. Dose, from 3 to 8 drops in a little water just after breakfast, dinner and supper. The first symptoms that

show that the patient is under its influence is a puffing or swelling about the eyes or sickness of the stomach. When either of these symptoms come up then stop taking till they pass off, and then take it again if necessary. There is no danger in taking it as here directed.

GRAY POWDER—[**MERCURY WITH CHALK**]—Is pretty much the same kind of medicine as blue mass, but a weaker medicine. It is a good medicine to give little children in diarrhoea or summer complaint, or at any time when the actions from the bowels are whitish or clay colored. The dose for a child a year old is 1 gr. Dose, for a grown person, 10 to 20 grs.

GUM OPIUM—Is one among the best medicines we have. From it is manufactured laudanum, morphine, paregoric, acetate of morphia, Dover's Powders, and many other preparations that are depended on to give ease, subdue inflammation, cause rest or sleep, etc. You should not give it with tonic acid, galic acid, nor with any alkalies, such as iodide, bromide, bicarbonate, chlorate of potassum, etc., that is, not give the opium closer than an hour to a dose of the above preparations, and not at all if you should be given them in large doses and often. The tannic acid prevents the opium from being dissolved, and thereby prevents it from doing good, while the alkalies (the potashes) cause the opium to form an insoluble compound and thereby prevents it from doing good. Opium is given in all cases to allay pain and misery, except those cases where the fever is very high, or in inflammation of the brain. I do not like to use much of it in any continued cases on account of it drying up the secretions of the mucus membrane, that is, the mouth, lips and tongue becomes dry and crusty by its continued use, especially in fevers. For that reason I advise you to use morphine or other preparations if possible in fevers, pneumonitis and pleuritis. Neither

do I like to use it in cases where the bowels are inclined to be bound, but prefer it in all cases of every kind where the bowels are inclined to act too often. It is one of our best remedies to produce sleep. Remember it can be given for the relief of any pain or misery with safety, except in cases of inflammation of the brain, or in uncommon high fevers. It should always be given in preference to laudanum, paregoric or morphine in any severe running off of the bowels. Little children cannot bear opium or laudanum as well as grown people, so if you should give it to them you must lessen the dose more in proportion to age than you do any other medicine. I prefer paregoric for babies and Dover's Powders for those a little older. If you will only be on your guard you can use it in any case with perfect safety. If the patient should become sleepy or drowsy do not give any more till he wakens up. An average dose is 1 gr., but when the pain is very severe it may be increased to 2 grs., and repeated every 1, 2, 3, 4, 6, 8 or 10 hours as necessary to give ease, or sleep, or to check the bowels. You can give it in anything to suit the patient.

IPECAC — (**IPECACUANHA**) — In large doses is an emetic [producing vomiting]: in smaller doses it is diaphoretic [producing sweating], and in still smaller doses taken morning, noon and night, before eating, it increases the appetite and promotes [assists] digestion. It is often used so as to nauseate the stomach in treating severe cases of dysentery or flux. Give 20 grs. in half glass of warm water and repeat every 20 minutes to vomit. To produce nausea [slight sickness of the stomach] give 2 grs. at a dose every 10, 20 or 30 minutes as necessary: as a tonic in indigestion, 1 gr.: as a diaphoretic, 1 gr.

IODIDE OF POTASH — Is extensively used in scrofulous troubles. It is apt to increase the appetite and

flesh. It is used in many diseases with success. Dose, from 3 or 4 to 10 grs. morning, noon and night, dissolved in half a glass of sweet milk or water. Lessen the dose if it acts too freely on the bowels.

INGLUVIN—Is given for dyspepsia or indigestion in doses of from 8 to 12 grs. just after each meal. It is given in from 10 to 20 gr. doses, and repeated every 3, 4 or 5 hours, and especially half an hour before each meal in sickness or vomiting in pregnancy. Give it in a little water.

JALAP—Is an active purgative, producing watery discharges. It is used in dropsical affections. If it causes griping of the bowels, give strong ginger-tea or ginger in powder. It is mostly given with cream of tartar. A dose of jalap in powder is from 15 to 30 grs.; of the resin or alcoholic extract, from 4 to 8 grs.; of the extract of the United States, from 10 to 20 grs.

LAUDANUM—Is used in all cases and for all purposes that opium is used for, but you should be very careful not to use it if it has remained uncorked or has been exposed to the light for any great length of time, for fear a portion of the alcohol had evaporated and caused the laudanum to become too thick and strong, in which case you might give an overdose, so be on your guard and never use it in a full dose unless you know it is all right. A dose is from 20 to 30 drops, more or less, according to the case. Some patients after using opium, laudanum, paregoric or morphine for a time get so they can take and also require very large doses. In such cases the dose should be increased to suit the case.

MORPHINE—(CALLED SULPHATE OF MORPHIA.)—It is manufactured from opium, and is used in all cases that opium is called for. It is not so binding on the bowels nor the secretions of the mucus membranes as opium or laudanum, and for that reason it is often used

in preference to either of them. The dose is from $\frac{1}{8}$ to $\frac{1}{4}$ gr. given in water. You can repeat every 1, 2, 3, 4, 6, 8 or 10 hours as necessary. I find a great many cases that require $\frac{1}{2}$ gr. at a dose.

MURIATED TINCTURE OF IRON.—It is often called tincture of iron and also tincture ferri perchloridi. It is extensively used as a tonic, in doses of from 10 to 15 drops half an hour before each meal. It is given in doses of from 15 to 20 drops every 2 or 3 hours for 8 or 10 doses. In erysipelas, then only every 5 or 6 hours in from 20 to 40 drops. It should be taken in plenty of water to weaken it well and the mouth washed out afterward to preserve the teeth.

NITRATE OF SILVER—(OR LUNAR COSTIC)—Is used in destroying proud flesh, or touched to the surface of old sores occasionally, sufficiently to cause them to turn a whitish color, will cause them to heal.

NITRATE OF POTASH—Promotes the secretion of urine, lessens the heat of the body and lessens the beat of the pulse, and assists in keeping the bowels from becoming bound up. It is used in the treatment of asthma. It is often used freely in acute rheumatism, in from 20 to 30 grains in a gill of water. Repeated every 3 or 4 hours for a day and night. It reduces the fever and causes the kidneys to act freely. (It is called nitre).

NITRIC ACID—Is a good tonic, and good remedy for chills. As a tonic to increase the appetite take 3 to 4 drops in half glass water an hour before dinner, supper and breakfast. For chills, etc., take from 4 to 6 drops every 6 hours, not stopping for the fever to go off. It is also good for whooping cough, if put in sweetened water so as to make it taste like lemonade; give a child a year old a large teaspoonful every hour or so during the day. Increase the dose according to age.

OXALATE OF CERIUM—Is used in checking the

sickness and vomiting of pregnant women, by giving it morning, noon and night, or 4 or 5 times during the day if the sickness and vomiting is severe and often. It is also good to give little children when the stomach and bowels are deranged. Dose, from 1 to 2 grains dissolved in a little water. Diminish the dose according to age.

PAREGORIC [camphorated tincture of opium]—Is used to lessen coughs, in asthma, consumption, whooping cough, and to relieve pains of all descriptions in the stomach and bowels, to check the bowels when they run off too much, and especially in little children. It is one of our best medicines to cause little babies to sleep, by curing colic, griping of the bowels, or earache, or any other miseries to which they are so subject. It is not half so apt to cause sickness of the stomach as opium, laudanum or morphine, and can be used in any case that either of them would be called for. Every family should keep it on hands at all times. Dose for an infant, one drop for every month up to 3 months old; then 4 to 10 drops to 6 months, from 6 months to 12 months from 10 to 12 drops, from 1 year to 2 years old, 12 to 18 drops. Dose for a grown person, from 1 to 2 large teaspoonsful, given in sweetened water or not sweetened as you may wish, you will find that some will require larger doses and some smaller doses. You should watch its effects and give enough but not too much. It is a weak preparation of opium and camphor, and produces the same effect as opium. Be sure and use it when needed but at no other time. Some use it too much. Repeat every 1, 2, 3, 4, 6, 8 or 10 hours as necessary.

PERMANGANATE OF POTASSA—Is used as a disinfectant about and in sick rooms, or anywhere that there is any offensive odor or bad smell. Used in and about a sick room it is supposed to prevent the spreading of contagious [catching] diseases, by purifying

the air, and thereby preventing others from taking on the disease. You can wash off sores, ulcers, or any offensive matter or drainage from any place with a solution of it, made by dissolving it in water. It is healing and cleansing to running sores of all kinds. In making the solution you can put from one to four teaspoonsful to a quart of water, or you can make it some stronger if you wish. Be careful to have the vessel perfectly clean that you make it in or keep it in.

PREPARED CHALK—Is good to remove acid from the stomach, but not as good as magnesia, or common soda for that purpose. It is often given in bowel complaints, mixed with other medicine, and especially if the actions from the bowels are any ways sour, as they often are with little children. Dose from 10 to 30 grains, stirred up in a little water. It is often used by women as a whitening for the face.

QUININE—Is used in more different kinds of cases than any other one medicine. It is given in nearly all fevers, and as a tonic in nearly all chronic diseases. Quinine [it is called quinia] should never be given with any of the potashes, such as the iodide, bromide, carbonate, bicarbonate, nitrate, etc., nor with gallic acid, oxalic acid, soda or ammonia, but should the case call for any of the above medicines while giving quinia, do not give them closer than hour to the quinia. Sulphate of quinine when given as a tonic, is given in 1 grain doses an hour before each meal; when given to cure intermittent or remittent fever, it is given in from 3 to 6 grain doses every 2 hours till it produces ringing or roaring or buzzing in the ears, or a tightness, or distention of the head, or a nervous, weak trembling of the nerves. It is expected to produce some one or more of the above symptoms, as it proves that the system is sufficiently under the influence of the medicine for that time, but it should

be given the same way every day till the fever gives way, and it should be repeated on the 6th, 13th and 20th days, counting from the last day of the fever, so as to prevent a return. It should also be taken in tonic doses during the time. Some physicians recommend from 10 to 25 grains at a dose, but I do not think such large doses should ever be given unless it was in the worst cases of congestive chills, or pernicious remittent fevers, and to be as careful as possible and not repeat too often. For given in such heroic doses it is liable to create severe headache, delirium [wildness], loss of hearing, blindness and loss of speech, at least for a time, (in such cases opium or laudanum should be given to counteract [destroy the effects] the effects of the quinine). In some people large quantities or even common sized doses of sulphate of quinia produce pains in the bowels, vomiting or purging, but any and all of the above named symptoms are apt to pass off in a few days. Now the sulphate of quinia is not a dangerous medicine when given in anything near a reasonable dose, but I think it best to give you its effects, so as to enable you to know when your patient is fully under its influence. It is kept and used by nearly every family in my section of country, and I have not heard of a single case yet where any one has done any harm with it. When patients cannot take it into the stomach, you can use it by injecting it into the lower bowel, by mixing 10 or 12 grains in 4 tablespoonsful of water with 1 teaspoonful of starch. Repeat as often as you would if you were giving only half that quantity by the mouth. In fact, repeat till you get its effect. It can be used on little children by mixing it with lard and the tincture of camphor, and rubbing it on the stomach, bowels, chest and under the arms. It can be used in this way 3 or 4 times in 24 hours.

SANTONINE—Is probably used more than any other

medicine to destroy worms in children, and also in persons of all ages. It is a safe medicine to use, but it often when used, causes the urine [the water which passes from the bladder], to be of a yellowish color. It also, when taken by some persons, causes objects to look yellow, or green, or blue. Santonine is the main ingredient in nearly all the worm candy or worm lozenges. You should never use santonine when it has turned yellow. Dose, from 1 to 2 grs. for a child a year old; from 4 to 6 grs., from 6 to 12 years old, given an hour before breakfast, dinner and supper, in sugar or molasses. Give 6 doses and put a dose of calomel with the last dose, and if it does not move the bowels freely in 7 hours, give a dose of castor oil. The child should not eat any grease or anything sour while taking the medicine, but live on a light diet.

SWEET GUM BARK—A strong tea made of the inner bark of the sweet gum and given in doses of 3 or 4 tablespoonsful 5 or 6 times a day is good to check diarrhoea or dysentery.

SUBNITRATE OF BISMUTH—Is given for painful affections of the stomach, such as heartburn, water-brash and pains in the stomach, dysentery, diarrhoea, and especially a derangement of the bowels with little children. It is also very beneficial in diarrhoea of little children if used by injecting from 15 to 40 grs., mixed in two or three tablespoonsful of sweet milk, and repeated two or three times a day. The dose is from 5 to 30 grs. given in water and sweetened if desired. I have found it to relieve the itching of the skin of babies when it was caused by heat or rash. It is splendid to rub on chafed parts of babies. It can be taken every 4, 6 or 8 hours as necessary. It blackens the stools.

SUGAR OF LEAD.—See acetate of lead.

SULPHATE OF ZINC—Is astringent [binding]

emetic [causing vomiting] and a tonic. It is used as a gargle in sore throat. If put in rain water or distilled water and tempered so as to smart a little when put in the eyes, it makes a splendid eye water. Dose, as a tonic, is 1 or 2 grs. taken two or three times a day; as an emetic, from 10 to 30 grs., and repeated in 20 minutes if necessary. It should be taken in plenty of water to weaken it well; as a gargle, from $\frac{1}{2}$ to 1 teaspoonful in a pint of rain or distilled water.

TANNIC ACID—Is an astringent [binding]. It is extensively used in bowel complaints, such as dysentery, diarrhœa and hemorrhages [bleeding] of the bowels and womb, and also as an eye water by dissolving it in rain or distilled water, about 2 teaspoonsful of the acid to $\frac{1}{4}$ glass of water. Dose, from 2 to 10 grs.

TARTAR EMETIC—(CALLED TARTAR OF ANTIMONY)—Is used as an emetic, that is to vomit. It is given in water. The best plan for you to give it is to put a level common-sized teaspoonful into one quart of water, stir well till it dissolves, then you have about $\frac{1}{2}$ gr. of tartar emetic to each teaspoonful, which would be a dose for a child 10 or 12 years old. Then put 2 teaspoonsful of the quart mixture in a glass or cup and add to it 8 teaspoonsful of water: then 1 spoonful of that is a dose for a child 18 months old, and 2 spoonsful of the same would be a dose for a child 3 years old. The dose should be larger according to age, or increased so as to vomit; after it vomits a few times, the dose might have to be doubled to cause a vomit in croup.

TINCTURE OF CAMPHOR—That is camphor gum dissolved in whisky or alcohol, such as nearly every family keeps at all times. In moderate doses it quiets the nerves, quiets restlessness; it often checks sickness of the stomach by inhaling it or taking it inwardly; it often relieves headache or slight pains in the stomach.

Dose of the gum is from 1 to 8 grs., but the best and safest way is to use the tincture. A dose of the tincture is from 20 to 50 drops. It is a poison, for that reason do not let the children eat the gum as some do. Many children have been poisoned by eating the gum of camphor, yet there is no danger in their using it properly.

TINCTURE OF CAPSICUM—Is made of cayenne pepper and alcohol. It is good to take to warm up the stomach and aid digestion, and to add a little of it to any medicine for colic. It is also a good remedy to use as a gargle when weakened with equal quantities of water and vinegar. Dose, from 1 to 2 teaspoonsful in water.

TINCTURE CATCHU—Is principally used in diarrhoea, dysentery and summer complaint of little children. The dose is from 1 to 2 or 3 teaspoonsful for a grown person. Given in mucilage or water.

TINCTURE OF IODINE—Is used externally by painting the skin over the part affected with the tincture. It is used in erysipelas, boils, inflamed sores, frost bites, sting of bees, wasps and other insects, and if applied immediately will relieve the pain.

WINE OF IPECACUANHA—Can be used in any case that the powdered ipecac can. The dose to vomit a grown person is 2 tablespoonsful; as an expectorant, 15 to 35 drops. A teaspoonful is enough for a dose for a child 2 years old to vomit it; but should be repeated if necessary every 20 minutes till it does vomit.

Prescriptions for Horses.

COLIC IN HORSES.

For colic or any other painful affection in horses, it matters not from what cause, if the horse is pawing, rolling and tumbling about, which denotes misery, you give him first the following mixture: Whisky $\frac{1}{2}$ pint, water 1 quart, laudanum 3 tablespoonsful, mix well and drench him with it. If he does not get easy in an hour give him the same amount. Then if you are of opinion he has eaten too much, dissolve a teacupful of salts in a quart of warm water, strain it, and give it to him.

If he is puffed with gas [wind], then give him a teacupful of soda dissolved in $\frac{1}{2}$ gallon of water.

Another good treatment for colic is to take 1 quart of warm water, and add to it 2 tablespoonsful of table salt, a small-sized teacupful of soap, and 2 tablespoonsful of laudanum. Then stir and mix well, and just as you get ready to give it, put in 2 tablespoonsful of chloroform. Repeat with that amount every hour till ease is obtained, leaving off the soap and salt after the first dose.

Another good remedy for colic is to take Perry Davis' Pain Killer, 4 tablespoonsful, whisky $\frac{1}{2}$ pint, warm water 1 quart, soda $\frac{1}{2}$ teacupful, mix well and give. Repeat every hour till relief is obtained. In each case the medicine should be given every hour till relief is given; and then linseed oil given in doses of $1\frac{1}{2}$ pints if there is any reason to suppose that the horse has eaten too much. If the oil is not handy, then give salts $\frac{1}{2}$ pint at a dose.

LOCKJAW IN HORSES.

In cases of lockjaw give the following: In 1 quart of warm water put a small teaspoonful of soap, 2 table-

spoonsful of salt, mix and stir well, and just as you get ready to give it, stir in 2 tablespoonsful of chloroform and 2 tablespoonsful of sulphuric ether. Repeat every half hour till relief is obtained, leaving off the soap and salt after the first dose. If the jaws are locked you can get it down by holding the mouth up and pouring it in the nose. It would be best also to use injections of $\frac{1}{2}$ gallon of warm soapsuds in the rectum [bowel] so as to move the bowels. If the horse should linger and get very weak give $\frac{1}{2}$ pint of whisky every 2 or 3 hours.

BOTS IN HORSES.

Give 1 quart of Irish potato juice, and to 1 quart of warm water add 3 tablespoonsful of laudanum and 1 of chloroform, and give at a dose. Repeat every hour till relief is obtained.

SCRATCHES.

To cure scratches wash off the parts well every third day with warm water and soap, then rinse off well and grease with hog's lard, made black by mixing soot with it. Let the horse run out or ride him where you please so he can get exercise. Repeat every third day.

WARTS ON HORSES.

If the warts are numerous on the horse's lips and nose, just grease them every 2 or 3 days with an old bacon rind or hog's lard. If they are large warts and situated on the legs, neck, head or body, rub grease all around them; then cut them off close as possible. After the place bleeds awhile, double a cloth 4 or 5 double; then put enough chromic acid on the cloth to cover the place; tie the horse's head up to a swinging line in a way that he cannot rub or bite the place for 24 hours; take it off and grease the place; let it go for awhile, a

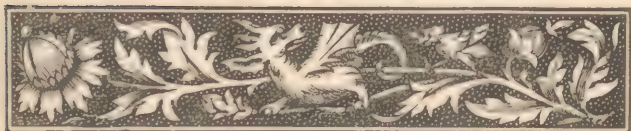
week or ten days, and if you can see any sign of the wart, apply the medicine in the same way. You need not fear; it will cure any wart that is curable. It would take off a wart without first cutting it off, but it would take longer, so in most cases it is best to cut them off, and then kill the roots with the medicine.

EYES.

To remove a white milky appearance of the eyes, blow a little calomel in the eyes every other night, and keep the horse in a dark stable, feed oats and fodder or hay, and a little wheat brand instead of corn. Also give a dose of salts occasionally if the bowels are any-ways bound.

All doses given are for the averaged size horses, and should be increased or diminished according to age or size.

I have given these prescriptions, as I know them to be among the best, and also for the reason that colic and lockjaw [tetanus] and bots are troubles that require immediate treatment.



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LIST OF ERRATA.

Take a pen and make these corrections in your book so that you may not overlook them in reading.

Page 29, line 6. For *miliary* read *miliary*.

Page 34, line 4 from bottom. After the word *then*, insert *do not give*.

Page 44, line 14. For *face* read *fast*.

Page 49, line 6 from bottom. Read "he is restless."

Page 59, line 3. For *appearace* read *appearance*.

Page 60, line 15 from bottom. For *care* read *careful*.

Page 75, line 5 under "Tonsilitis." After the word "may" insert *not*.

Page 76, line 14. Before "painful" insert *and*.

Page 77, last line but one. Before "never" insert *often*.

Page 78, line 10 under "Pharyngitis." For *until* read *until*.

Page 84, line 6. For *an* read *the*.

Page 89, line 3 from bottom. For *doos* read *does*.

Page 90, line 6. For *dry* read *hot*.

Page 93, line 20. Before "as" insert *so*.

Page 95, line 4 under "Remedy for Itch." Read as follows: "other kinds may not be pure. Mix well: then. etc."

Page 100, line 9 from bottom. Read "Remove it as soon as the patient shows any signs, etc."

Page 114. Prescription No. 3. Read "Laudanum, 4 tablepoonsful, or 10 drams."

Page 119. Prescription No. 21. For *Jimson* read *Jinsen*. Be careful not to use the former in this case.

Page 121, line 4 from bottom. For *till* read *unless*.

Page 138, line 8. For *wash* read *work*.

Page 141, line 6 under "Gum Opium." For *tonic* read *tannic*.

Page 146, line 10 from bottom. Before "hour" insert *one*.

Page 150, line 6 from bottom. Read "Wine of Ipecacuanha."

Page 151, last line. For *teaspoonful* read *teacupful*.

Page 152, line 3 from bottom. After "place" insert "and confine it there."



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